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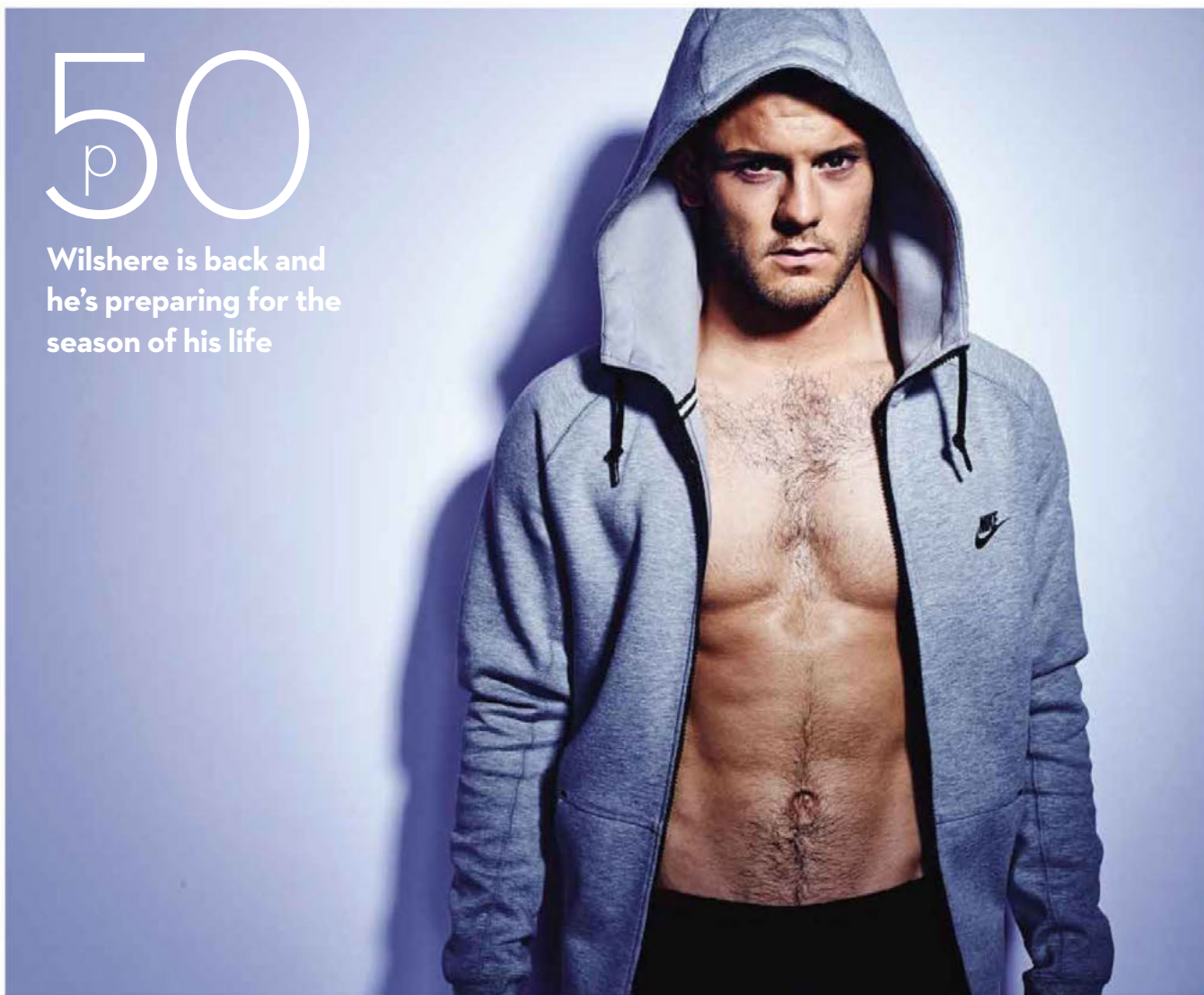
TOMTOM 

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TOP DRAWER

Upgrade your diet with the newest and smartest kitchen kit **p84**

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EDITOR'S LETTER



There was a time when a footballer with a six-pack was a rare, mythical creature, like

a golfer with a decent bench press, a rugby player who looked good in a compression top or a darts player who could climb stairs without wheezing. These days it's not exactly the *standard* - yet, anyway - but players who look like Spartan warriors are more and more common, as the brutal Darwinism of modern football forces teams to look for every possible edge.

Jack Wilshere is a prime example of this modern phenomenon - a product of Arsène Wenger's Arsenal revolution, which introduced periodised training, plyometrics and proper nutrition before almost anyone else to create the strongest, leanest players in the Premier League. Wilshere takes training seriously, with a six-pack that's a side effect of a core regime laser-targeted at midfield efficiency.

He's had injury trouble, but he's tackled it the right way - mixing modern sports science with old-fashioned hard work to come back stronger. That's why we've picked him to head up our special on the new breed of athlete (p50) - men who've left traditional training dogma behind and embraced the latest methods to elevate their sports.

You'll also meet Mat Fraser, tipped to be crowned the world's fittest man in 2015 (p28), Whitney Miller, a former Miss USA who's turned her attention to choking people unconscious (p28), and



Boxer Anthony Joshua makes the grade in our run-down of the new breed of athlete. Have we left anyone out? Let us know - or get in touch about any other fitness issue @MensFitnessMag

ten other men who exemplify modern sporting success (p60). But because not everyone has access to hi-tech training facilities and tailored nutrition, we've also included a training plan that you can do with a £40 weight kit to make elite-level gains (p76), and some simple ways to reset your brain in less time it takes to have a tea break (p72).

We hope you enjoy it, and remember: Tiger Woods reportedly benches 140kg. Though you'd probably still beat Phil Taylor in a stair running contest.

Joel Snape



@joelsnape

IN THIS ISSUE

Just some of the knowledgeable pros you'll find in *MF* this month



MICHAEL BLEVINS FOOD SUPER MAN

A few issues ago we named Henry Cavill the greatest action movie star - and it was

Blevins who got him in superhero shape for *Man Of Steel*. As well as a Gym Jones-certified trainer, Blevins is a CrossFit expert - but cautions against the death-or-glory methods some CrossFitters employ. He explains why on p32.



TIM NOAKES FOOD REVOLUTIONARY

As a professor of sports science and a veteran long-distance runner, Noakes had a nutrition

plan based on what he thought were sound principles - until he developed diabetes. He took a fresh look at his diet and found he, like many fit people, had been taking the wrong approach for years. Find out what you should actually be eating on p34.



MICHAEL BISPING BRITISH STEEL

The UFC has seen plenty of British hopefuls come and go, but Bisping has

endured. Since his debut he's fought 22 times in the world's leading MMA promotion - in spite of a year-long absence after a nasty eye injury - and he's still in with a chance of a title. He talks training, nutrition and bouncing back on p125.

THE FUEL TO RULE

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THE MFFERS

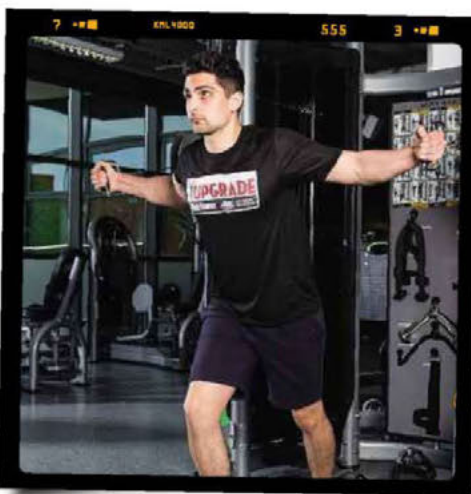
The staff and readers of *Men's Fitness* are always in the thick of the action

Photography: Olgun Kordal



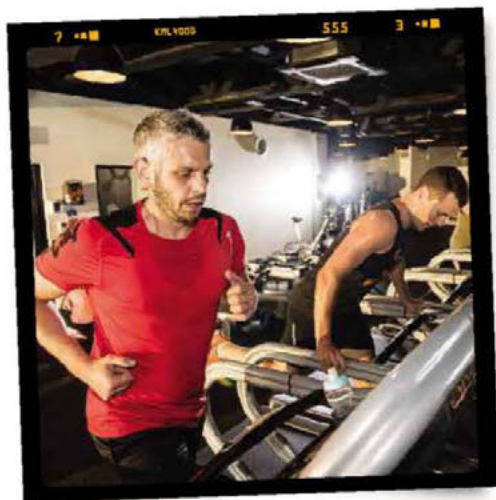
Sam, fitness editor
#comebackkid

Alongside *MF*'s Ben and Ped (plus some ringers), I lined up for the Citroën Cup at Arsenal's Emirates Stadium. Thanks to a tight defence and – of course – superior fitness, we took the title. Best of all I came through it unhurt, nine months after knee ligament reconstruction.



Ben, Optimum Nutrition Upgrader
#UPGRADE

The dumbbell bench press was always my go-to chest move – but now I'm training with WBFF pro Tim Chase, I've expanded my knowledge (and my chest). For example, these cable flies work wonders. Check out my progress on p74.



Ped, art director
#orangeisthenewtheory

In an effort to change up my training regime, I took up Orangetheory Fitness HIIT sessions at David Lloyd. Strapped to a HRM and with my progress on a screen for all to see, I was averaging an 850-calorie burn in every 55 minute session. Read about my experiment on p120.



Joel, acting editor
#parkparkour

I've been preparing for my upcoming Tough Mudder (see p70) by adding parkour to my commute-run to work. The bonus: at 6am, most playgrounds on my route are blissfully kid-free (though still full of broken glass and discarded cans of Tennent's).



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**BELIEVE IN HOPE
IN CINEMAS JULY 24**



Q I use social media a lot. Is there a chance it's affecting my health?

Phil, Tyneside

Beyond dealing with rising blood pressure at all the Facebook game invites? For a start, it can affect your spine: your head weighs 4-5kg but as you tilt it forward to check your phone for Likes, the relative weight increases and puts pressure on your spine – a study in *Surgical Technology International* found that at 45° it weighs 22kg. Also, a chemical called dopamine gives you a buzz of pleasure when you get a Like or Favourite. Your brain starts to seek this out, making it harder to tear yourself away from the screens. And that way you get nothing done.

Q Running plans often say to choose a pace where you can still hold a conversation, but will it ruin my training if I talk too much? I get out of breath a lot – is that bad?

Ian, Llandudno

'Talking won't ruin your training and if a plan calls for easy running, there's a reason for that,' says Ben Barwick of Full Potential Coaching (fullpotential.co.uk). 'Getting out of breath is good, but only when it is called for in the plan – if you're out of breath when you shouldn't be, slow down. The aim is to build different gears when you run. Be patient and in time your "conversation pace" effort will get faster.'

Q I want to try the 16:8 diet, but I train in the morning and worry I won't get post-workout protein quickly enough. Is there a way around this?

Nicholas, Wiltshire

Short answer: yes. 'If you are going to do the 16:8 diet, it's important that you train on an empty stomach so your body burns fat, but you can eat afterwards,' says nutritionist Jo Travers (theharleystreetnutritionist.co.uk). 'Time your fast to finish at the end of your session. Then have a well-balanced meal including your protein and eat throughout the next eight hours.'

MFAQ

EVERY MONTH WE ANSWER THE KEY FITNESS QUESTIONS

Considering a switch to dairy alternatives such as almond milk? You might miss out on key nutrients



Q Everyone I know seems to be ditching milk. Should I do the same?

James, Devon

'Lactose intolerance is thought to affect only around 5% of the UK adult population,' says Aaron Deere, fitness education and development manager at KX Gym (kxlife.co.uk). 'Even most of those who are intolerant can normally have up to 12g of lactose – around 240ml of milk – before symptoms develop. On that basis it's not worth giving up milk altogether. Since milk is also a key source of calcium, amino acids and dietary fat, removing it from your diet can potentially result in nutritional deficiencies.'

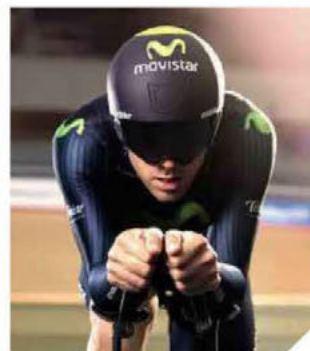


last issue's issues

Q Now that Bradley Wiggins has beaten Alex Dowsett's hour record (MF Summer 2015) with 54.526km, how much farther can it really go?

Mark, Hertfordshire

Don't go thinking it's unbeatable. For a start, Wiggins was cycling on a day where the air pressure was unusually high, which can make a difference of over a kilometre. And Dowsett is hardly giving up either, saying in an interview, 'we ran a very conservative race and I could have gone faster'. Sounds like fighting talk to us.



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THE BIG PICTURE

Don't look down

Words: Matt Huckle Photography: Simon Carter

Slacklining - balancing on a length of webbing that has more 'give' than a conventional tightrope - was popularised in its modern form by climbers looking for a way to wind down. Now, it's a daredevil sport in its own right. Photographer Simon Carter (onsight.com.au) captured this shot of Gui Lopes midway through a 70m crossing of the Grose Valley in Australia.

'I scrambled down a ridge and set my camera up right on the cliff edge,' says Carter. 'Lopes wasn't posing here, so I had to wait until he was in the right place for the shot. It was tense.' How high up was he? 'The drop into the valley was about 200m,' says Carter. That's far enough for him to draw up a will if he did take a tumble.



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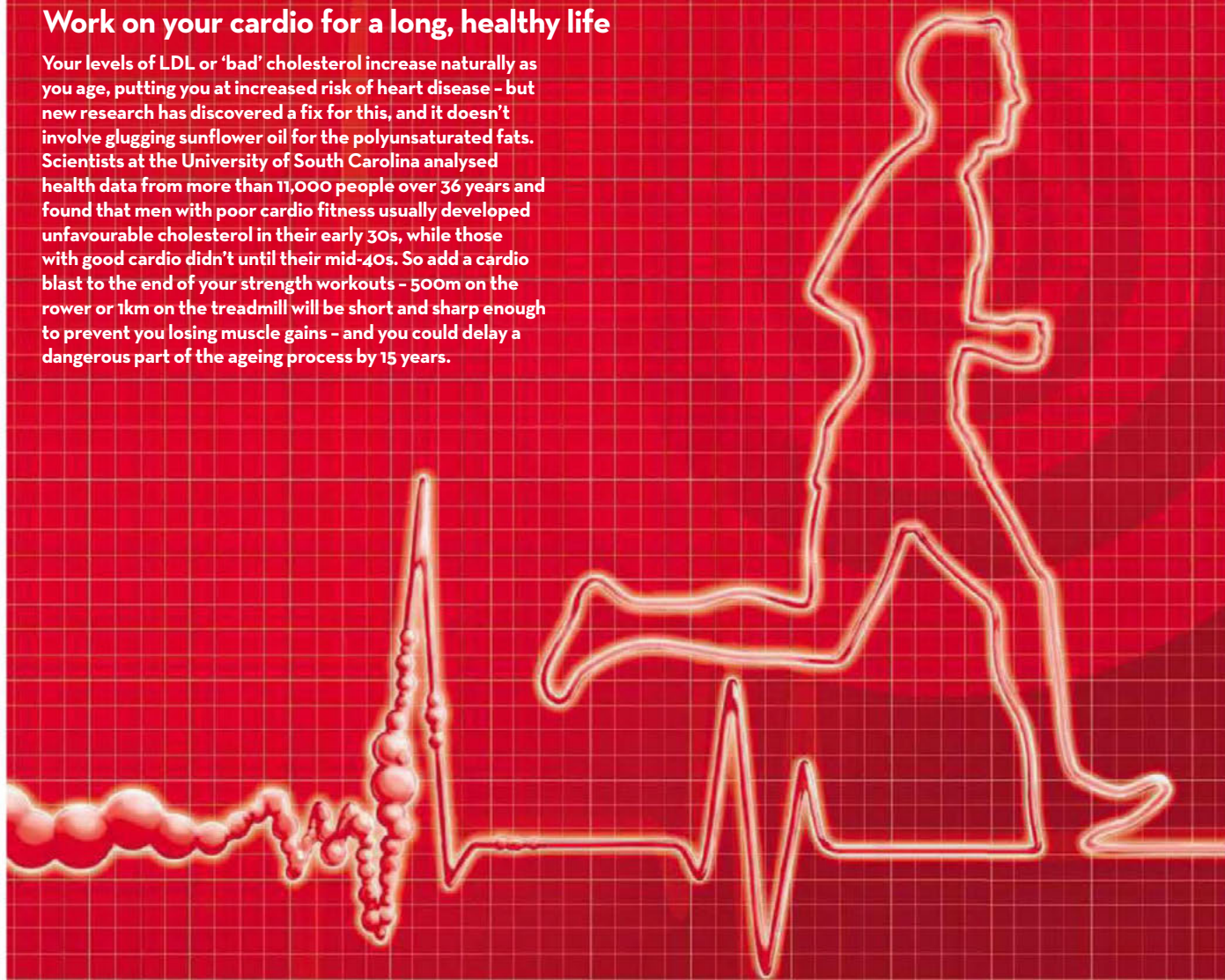
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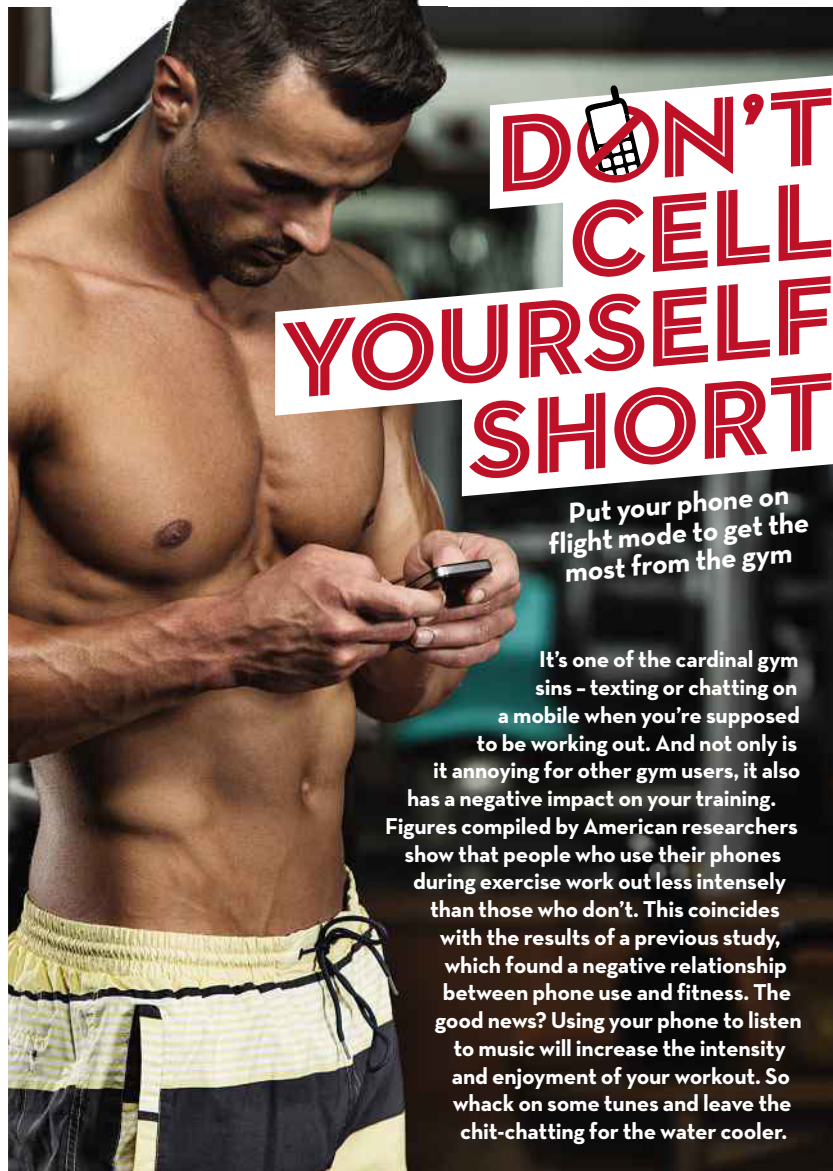
P16 IMPROVE YOUR GRIP **P20** TRAIN LIKE A CROSSFIT CONTENDER **P22** BUILD BIGGER SHOULDERS
P24 FUEL YOUR RIDE WITH BACON AND EGG SNACKS **P41** THE BEST SUNGLASSES THIS SUMMER

Time to run

Work on your cardio for a long, healthy life

Your levels of LDL or 'bad' cholesterol increase naturally as you age, putting you at increased risk of heart disease - but new research has discovered a fix for this, and it doesn't involve glugging sunflower oil for the polyunsaturated fats. Scientists at the University of South Carolina analysed health data from more than 11,000 people over 36 years and found that men with poor cardio fitness usually developed unfavourable cholesterol in their early 30s, while those with good cardio didn't until their mid-40s. So add a cardio blast to the end of your strength workouts - 500m on the rower or 1km on the treadmill will be short and sharp enough to prevent you losing muscle gains - and you could delay a dangerous part of the ageing process by 15 years.





IMPOSSIBLE GRIP

Tom Cruise saves his life by clinging to the side of a plane in *Mission Impossible: Rogue Nation*, and a new study shows you can lengthen yours by developing grip strength. Do it with moves suggested by 2015 North American Grip Sport champion Jedd Johnson (dieselcrew.com)



THICK-BAR DEADLIFT

HOW? Do deadlifts but wrap a towel round the bar or use Fat Gripz.

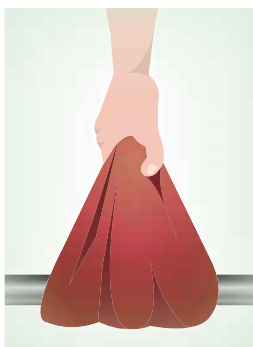
WHY? This forces you to use an open-handed grip, which makes the hands, wrists and forearms work harder.



KETTLEBELL MONKEY GRIP ROW

HOW? Do bent-over rows while holding a kettlebell with both hands upside down by its base.

WHY? This creates a clamping effect in your arms and chest.



TOWEL SHRUG

HOW? Loop two thick towels around a loaded barbell and do shrugs using them as handles.

WHY? It strengthens your upper back and grip. On the last rep hold the weight as long as you can.

FITNESS NEWS

TRI FORCE

Use 2013 Ironman world champion Frederik van Lierde's tips to avoid making rookie mistakes at the London Triathlon



SWIM

'Put your goggles on before your swim cap,' says Van Lierde. 'If somebody accidentally smacks you, you won't lose them.'



TRANSITION 1

'Drink a sugary drink immediately so you get the fluids you need. If you wait until you're thirsty you'll be playing catch-up for the rest of the race.'



BIKE

'Eat something high in carbs at the start, middle and near the end of your ride. It's easier to digest food while cycling, and you need to fuel your run.'



TRANSITION 2

'Get a quick-lock lacing system for your running shoes. It makes getting them on much quicker - especially if you have shaky legs!'



RUN

'Go out slowly and gradually increase your pace only if you feel comfortable. Don't force it and you'll be better when it really counts.'

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BREATHE EASY

Defeat air pollution with the power of vitamin E

Of all the everyday dangers you worry about, smog may be a way down the list behind speeding cars and Ebola – but rising air pollution levels have been linked with increases in heart attacks and strokes. The good news? You could protect yourself with just a small tweak to your diet, according to new research conducted by King's College London and Nottingham University, which observed that people with higher levels of vitamin E have lower levels of the poor lung function associated with exposure to smog particles. Although the exact nature of the connection isn't clear, eating nuts, seeds, greens and avocados will help you consume 15mg of vitamin E daily – the amount that makes a difference, the study says – and it's easier and cheaper than upping sticks and moving to a rocky, car-free island in the North Sea.

E NUMBERS

Studies suggest people with high levels of vitamin E have...

32%

fewer incidents of prostate cancer

77%

lower chance of having a heart attack

27%

reduction in the likelihood of getting cataracts

NUTRITION NEWS

PREP SCHOOL

The good stuff in some food is wasted if you don't prepare it right. Here are three mistakes you shouldn't make any more



LINSEEDS

Mistake Eating whole

Fix Grind them up

Your body can't digest whole linseeds so sprinkling them in your porridge or shake wastes fibre, omega 3s and your money.



TEA

Mistake Adding milk

Fix Take it black

Tea can help improve heart health, but milk proteins make it hard for your body to absorb the beneficial compounds.



BROCCOLI

Mistake Boiling or frying

Fix Steam it

It's high in vitamin C, chlorophyll, antioxidants and anti-carcinogens, but a large proportion of that good stuff is destroyed by boiling water.

THE NEXT BIG THING

The latest developments in nutrition – explained

THIS MONTH OIL PULLING



The words 'health' and 'craze' next to each other is usually enough evidence that whatever's being referred to is a waste of time, especially when celebs like Gwyneth Paltrow endorse it. But the ancient practice of oil pulling – swishing a mouthful of coconut oil around your mouth for up to 20 minutes – could be beneficial. It's supposed to have anti-microbial

and anti-inflammatory properties, and has been used for over 2,000 years to whiten teeth and improve gum health.

TL;DR

SWISH COCONUT OIL AROUND YOUR MOUTH TO FIGHT PLAQUE

However, there's been no evidence to back up those claims... until now. A new Indian study investigated how it affects plaque and gingivitis, and found it took just seven days to have a positive effect. OK, Paltrow, we'll let you have this one, but Apple is still not a real name for a human.

TESSUTI



BOSS
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TRAIN LIKE... MAT FRASER

The first-place finisher in the 2015 CrossFit Games Open is tipped to take the title at the finals this July



CLAIM TO GREATNESS

In 2010, a broken vertebrae put paid to Fraser's dream of competing in weightlifting at the 2016 Olympics. Two years later he found CrossFit and became one of its fastest-rising stars, placing second behind four-time champion Rich Froning (now retired from individual competition) in 2014.

HE SAYS

'The Games are pretty much impossible to train for. Last year we found out about a workout 30 seconds before we did it. There's cardio, weightlifting, strongman training, gymnastics, swimming and running. It's hard to tell what they're going to throw at you. You'd better just be good at everything.'

220

Fraser's back squat, at a bodyweight of 80kg

IN THE FAMILY

Fraser's parents, Candace and Don, competed as an ice-skating pair at the 1976 winter Olympics. Fraser won his first aerial skiing competition as a teenager.

Cross court

As well as CrossFit, he competes in the National Pro Grid League, a rival fitness competition, for the newly formed Baltimore Anthem team.

BIG NUMBERS

The CrossFit Games aren't for the faint-hearted. Here's just some of what Fraser did over 2014's four-day event.

54
MUSCLE-UPS

1KM
OPEN-WATER SWIM

171KG
OVERHEAD SQUAT

3KM
ROW



Be like water

Fraser's biggest weakness is swimming, but he's working on it. 'Some days I do nothing but swimming intervals,' he says. 'Other days, I get in and swim for an hour without stopping.' It's good prep – the Games have featured water-based workouts since 2011, including a gruelling ten-round combination of swimming and muscle-ups for time in 2012.

THE PLAN

Olympic weightlifting experience gives Fraser an unassailable advantage. Here's the entry-level version

HIGH PULL

This works the same muscles as the snatch. With a double shoulder-width grip, pull the bar off the floor and use leg drive to raise it to your chest. Do three sets of five.



OVERHEAD SQUAT

Go light on this one. Hold a bar overhead with the same wide grip, then squat down with the bar slightly behind your head for balance. It'll build your six-pack better than sit-ups.



SPLIT JERK

You can handle more weight with this than in an overhead press. With the bar at your shoulders, dip slightly then explode up, driving the bar overhead. Then drop into a lunge.



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Ashley Theophane

Ashley Theophane

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- World Welterweight Champion (GBC)
- International Champion (IBO)
- Welterweight World Number 4 (IBF)

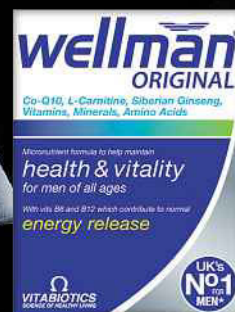
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High and wide

Revolutionise your pressing with the Klokov press - a Russian weightlifting move that builds T-shirt-filling shoulders

Among gym-goers in the know, the name Dmitry Klokov is mentioned with the same reverence endurance athletes use for Wiggins, Farah or Froome - after all, if scooping Olympic gold for weightlifting doesn't give your lifts legitimacy, not much else can. And don't worry if your pressing is less than impressive because his signature move, the Klokov press, will work for anyone. Traditional behind-the-neck pressing plays havoc with your shoulders, putting your joints under unnecessary pressure - so widen your grip to lessen the strain and make the move tougher, all while building your hard-to-hit deltoids. You're welcome, comrade.



B A

How to do it

SETS 3 REPS 8 REST 60SEC

Hold a barbell across the back of your shoulders with your hands roughly double shoulder-width apart. Without using any leg drive, press it overhead. Pause at the top, then lower under control - don't risk your neck.

KNOW YOUR ROLLS

Those rollers you see in the gym can do more than just de-knot your muscles. Use them to upgrade three classic exercises

BRIDGE

Put the roller under one calf - the closer to your foot, the tougher the move - and raise the other leg. The position means you'll use your glutes rather than hamstrings, building top-end sprint speed. Do two sets of ten.



ROLL-OUT

You don't need a wheel to do this abs move. Rest your forearms on the roller and slide forward, then back, aiming for three sets of eight slow reps in total. You'll feel it in the morning.



PRESS-UP

Think of this as a variation on the medicine ball passing press-up. Grasp the roller with a neutral grip, do a press-up, then pass to the other arm. The instability will increase torso activation, and the increased range of motion will build your chest. Do two sets of as many reps as you can.



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Saddle snacks

Leave the energy gels behind and power up with real food



Amid the pro peloton, real food is replacing bars and gels – nutritionists suggest that it's more digestible and less likely to cause mid-race rumbles. This saddlebag-ready snack cooks in less than 15

minutes, and wrapping it in foil means you've got a portable hit of protein and fat. Not planning to cycle anywhere? Just have it for breakfast.

BAKED EGGS WITH CHEESE AND BACON

INGREDIENTS (SERVES 4)

12 eggs / 12 rashers bacon / 60g grated parmesan / 2tbsp rapeseed oil

TO MAKE

- Preheat the oven to 180°C/gas mark 4.
- Grill the bacon until crisp and set to one side.
- Grease every cup of a 12-cup muffin tray, then crack an egg into each one. Place in the centre of your oven and cook for ten minutes, rotating the tray halfway through cooking.
- Break up the bacon into tiny pieces. Remove the eggs from the oven, cover the tray with the bacon pieces and cheese and return to the oven for a few minutes until set.
- Remove from the tray using a small spoon and serve.

Photography Lauren McLean Food styling Karol Gladki

CALORIES

446

PROTEIN

33g

CARBS

0g

FAT

31g

EGGS

provide
BIOTIN, which
STABILISES
BLOOD SUGAR

PARMESAN

provides
VITAMIN A,
which BOOSTS
IMMUNITY

BACON

provides
ZINC, which
AIDS MUSCLE
GROWTH



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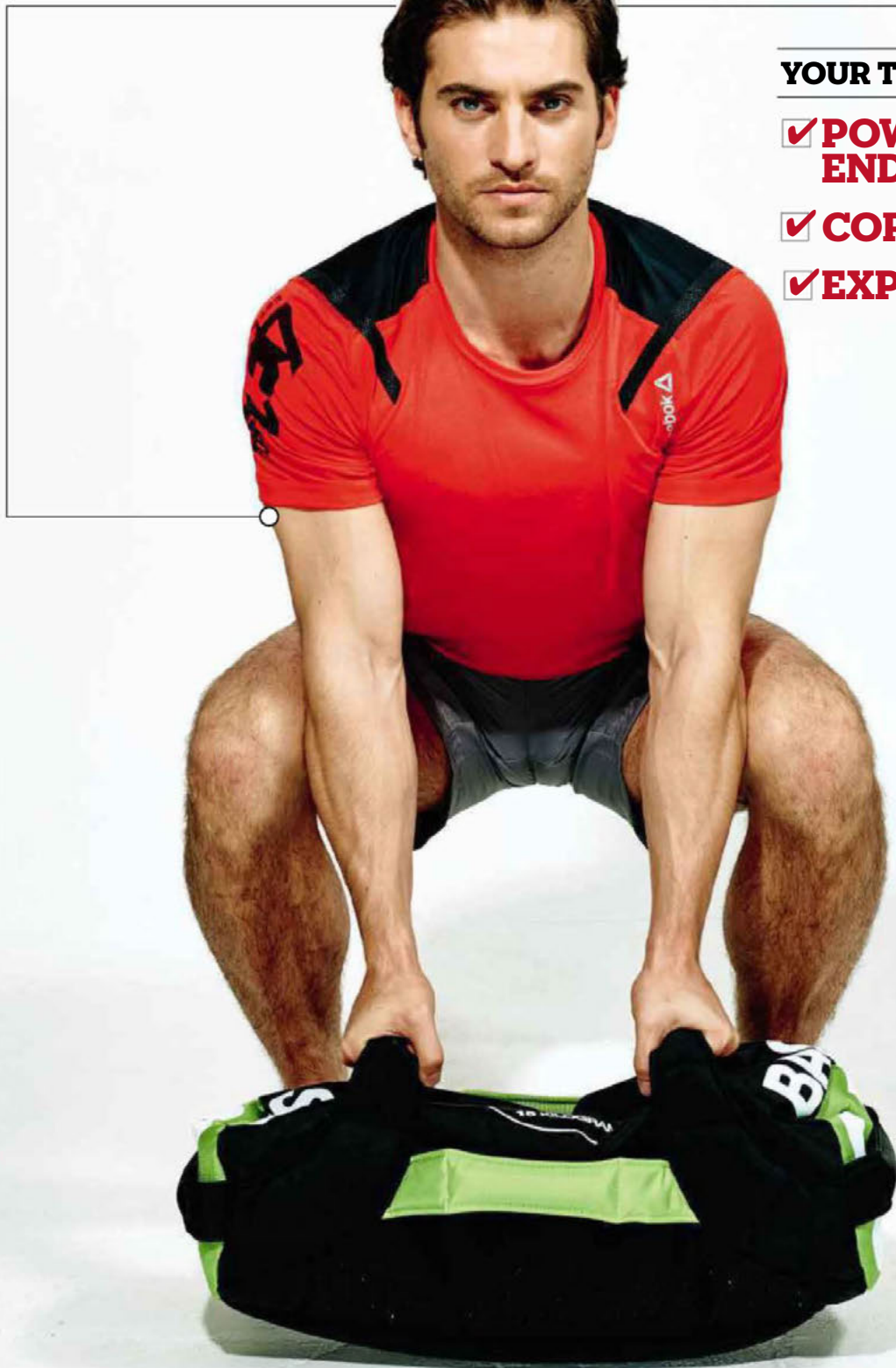
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HOW TO USE... THE SANDBAG

Want a full-body workout that'll test your heart, lungs and abs? Better go with the grain

Barbells are great if you're trying to heft the biggest weight possible, but if you're in it for real-world strength, there's a better option. Because of the way its centre of gravity shifts,

a sandbag tests your stabilising muscles from all angles, giving you a tougher full-body test than a nice, friendly bar. If you want to make your own, use builders' sand duct-taped inside

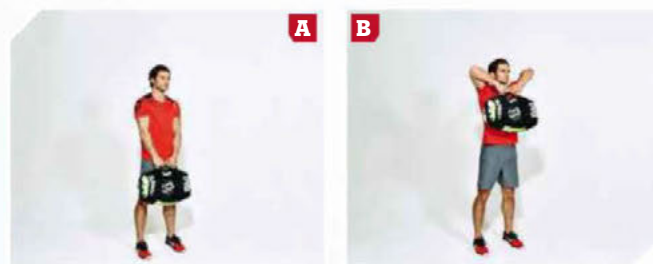
plastic bags in a canvas sack - or you can buy one from Escape Fitness (escapefitness.com). Do this circuit three times, twice a week, to get gains from your grains.



1// CLEAN AND PRESS

REPS 8

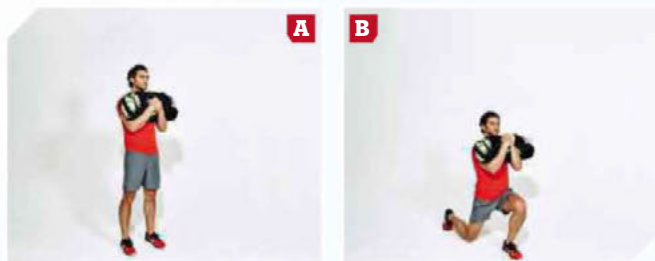
Start with the bag on the ground, then drive up through your heels and lift the bag quickly, flipping it over to catch it at chest height. Pause, then push the bag overhead.



2// UPRIGHT ROW

REPS 8

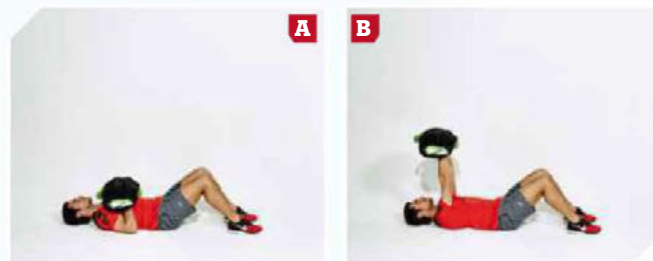
Grip the bag by the central handle - or, for a real test of grip strength, by the fabric. Pull upwards, bringing your elbows up to the sides. To safeguard your shoulder joints, don't jolt. Lower the bag under control.



3// ZERCHER LUNGE

REPS 10 EACH SIDE

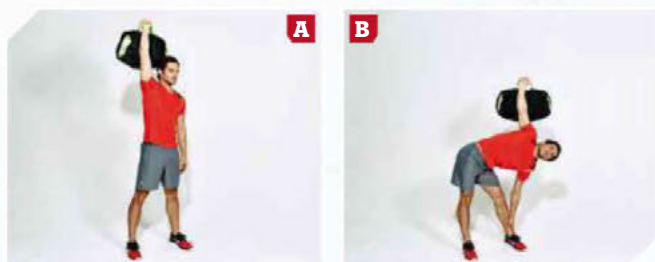
A favourite with wrestlers. Grip the bag underneath with your hands clasped together, then lunge forward, alternating legs. You'll test your core, legs and biceps.



4// FLOOR PRESS

REPS 10

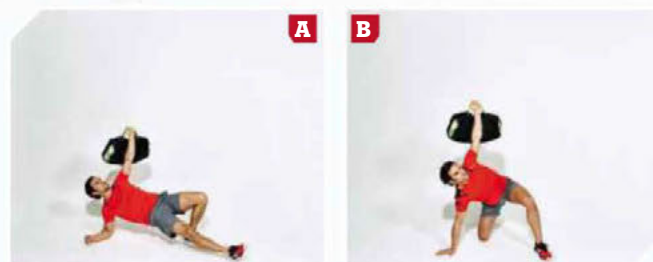
Lie on the floor with the bag on your chest, and your triceps resting against the ground - this protects your shoulders more than traditional bench pressing. Push the bag overhead, pause, then lower under control.



5// WINDMILL

REPS 6 EACH SIDE

Hold the bag overhead in one hand, then bend at the hips, sliding your other hand down one leg.



6// GET-UP

REPS 3 EACH SIDE

Expert level. Lie on the floor, holding the bag overhead by a handle, then get up on one side, keeping your weight on the opposite forearm. Bag too heavy? Hold it on your shoulder, not in your hand.

GRAPPLERS' DELIGHT

WHITNEY MILLER

The 2012 Miss United States is a beauty... and a beast on the mat.
She tells *MF* how and why she gave up pageants for Brazilian jiu jitsu

Not many women go from tiaras to takedowns, but just two years after being crowned Miss United States 2012 Whitney Miller competed in her first Brazilian jiu jitsu (BJJ) tournament. Miller took away a gold and silver medal (for no-gi and gi disciplines, respectively), was instantly hooked and began training with some of the world's best combat sports competitors to work towards a world championship.

You've been a TV presenter, beauty pageant competitor and professional wake surfer. What led you to start doing BJJ?

I'm always looking to challenge myself. One night I was watching the UFC thinking it would be fun to do, but I didn't really want to get hit in the face so I decided to get into the ground game. I went to classes but for the first two months I hated it. It was just so difficult physically and emotionally, but it slowly got a little easier and I started getting addicted to the tactical aspect of it. BJJ is a mental game as much as a physical one, and I love playing a kind of live-action game of chess with my opponent.

What exactly did you hate about it?

It hurt. Getting thrown down is no fun at all and I was training with a bunch of guys and maybe one or two other girls in the class.

I was getting wrecked every day, either choked out or arm-barred and as well as being painful, it was so frustrating. Now, I'm better at controlling my emotions and not getting so annoyed when I get beat.

We take it no-one was going easy on you at first then...

No, not at all. I mean, come on - it was Miss United States, so they all wanted to knock her around a little bit, for real.

You've grappled with UFC featherweight Cub Swanson. Who are you training with now?

Cub and I are both sponsored by Onnit so we still train together sometimes. A lot of athletes come through our training centre and I've been lucky enough to practise with a variety of people, including [UFC middleweights] Andrew Craig, Tim Kennedy, [UFC bantamweight champion] TJ Dillashaw and [UFC commentator] Joe Rogan. They're all awesome, alpha-male style guys, so it's always incredible whenever I managed to come out on top.

Of all the people you've trained with, who left you feeling the most destroyed?

It was actually the girls. [Invicta MMA champion and new UFC signing] Michelle Waterson stayed with me for

a week or two. We're about the same size, although she's way better skill-wise and also super-strong, but she was a bit rusty on her BJJ at the time so I thought we would be evenly matched. I got the upper hand a few times, but after hours of going at it I was shot. I kept crying and was even swearing off of BJJ.

When you're feeling like that, what makes you pick yourself up again?

The challenge. And a lot of people look towards me as an inspiration. People are like, 'If she can do it, then I can too' and that doesn't even have to apply just to BJJ. I get inspirational messages from my followers that pump me up and make me think, 'Screw this. I'm going to go back out there and do better.'

What's scarier, walking out at a beauty pageant or fighting BJJ?

There's no comparison - fighting BJJ, 100%. Walking up on stage in a pretty dress and throwing on a smile is real easy. Standing face to face with somebody who could seriously injure you is not. Every fight could end with me getting choked out or having a limb broken. It's terrifying, but what makes it so rewarding is the only person who can stop that happening is me.

Follow Whitney Miller on Twitter @Miss2Jits

MOVE LIKE MILLER Do the unconventional exercises Miller uses to get in fighting shape one after another, with a two-minute break between moves



BATTLE ROPE HIP TOSS

SETS 3 REPS 15 EACH SIDE REST 1MIN

'I use battle ropes to help build the power I need to throw people,' says Miller. 'Hold one in each hand and pivot from your hips, slamming the rope down as hard as you can.'



KETTLEBELL WINDMILL

SETS 3 REPS 10 EACH SIDE REST 1MIN

'This hits stabilising muscles that help you stay on your feet. Hold a kettlebell up in one hand and point the foot of your opposite leg out. Slowly lean down, then stand up again, running your free hand along your leg.'



MACE 360

SETS 2 REPS 10 EACH DIRECTION REST 1MIN

'Hold it up in front of you, and then swing it around behind your head and back to the start.' No mace in your gym? Pick up a sledgehammer from B&Q.



**'I LOVE BJJ BECAUSE
IT'S LIKE PLAYING A
LIVE-ACTION GAME
OF CHESS WITH
MY OPPONENT'**



Should I use a heart rate monitor in the gym?

THE EXPERT



NAME
MARTIN ROONEY

SPECIALITY
STRENGTH & CONDITIONING

The elite coach and author of *Warrior Cardio* believes that wearing a heart rate monitor can be as useful for gym training as it is for running

Hear rate monitors (HRMs) are a staple for endurance athletes – they allow them to track their performance accurately while running, cycling or swimming. You rarely see people wearing them at the gym, however, least of all in the weights room. Here's the thing, though: if you're looking to burn fat, the level of instant, accurate feedback they provide can make all the difference.

Don't get me wrong – an HRM won't help if you're following a traditional bodybuilding or strength-based weightlifting plan. But if fat loss is your primary goal, those aren't the best workout options anyway. Weights-based interval training is one of the most effective ways to burn fat, provided you push yourself hard enough and allow enough recovery time

between intervals. An HRM lets you track both variables accurately while you train.

Sore point

You've probably seen or tried a weights-based interval class at your local gym. They tend to throw together all manner of

random exercises in circuits or complexes, performed for high reps with minimal rest for anything up to an hour. Most people assume that because these classes leave them exhausted and sore, they must be generating great results – but this isn't always the case.

My alternative approach is called Hurricane Training. Each Hurricane workout groups a sprint – on a treadmill, bike or rower – with a pair of weights-based resistance exercises for nine interval sets (see the box below). As you finish each set your heart rate should be at least 85% of your maximum (you can work out your max using the Karvonen Formula by subtracting your age from 220). Then you rest for the time it takes for your heart rate to drop

to 60% of your max before starting the next interval.

Missing a beat

An HRM isn't essential – if you prefer you can find your pulse next to your Adam's apple, count how many times it beats in six seconds and multiply this by ten to work out your bpm. An HRM is just a lot more straightforward and accurate. You can use the HRM to check that your heart rate is at 85% of your max or higher as soon as you finish each interval. If it isn't, you need to work harder in the next one. It also ensures that you can start the next interval the second your heart rate drops to 60% of your max. The more accurate you are, the better the fat loss results.

For more from Rooney visit trainingforwarriors.com

STORM THE GYM

Torch fat with one of Rooney's signature Hurricane sessions. Complete nine intervals, resting until your heart rate drops to 60% of your max between each interval

1// TREADMILL SPRINTS

Rooney says 'Aim to sprint as close to your top speed as possible, but keep the interval short. Anything longer than 30 seconds isn't a sprint.'



2// CHIN-UPS

Rooney says 'You should be failing at around ten reps. If this is too hard swap it for kettlebell swings with a weight you can swing comfortably ten times. If ten chin-ups is too easy, increase the resistance by wearing a weighted vest.'



3// BENCH PRESSES

Rooney says 'Pick a weight that's around 60% of your one-rep max and work to near-failure. You don't want to get too heavy and get trapped under the bar because you're exhausted from all the sprinting.'



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Should I go all-out every time I train?

THE EXPERT



NAME
MICHAEL BLEVINS

SPECIALITY
COMPETITIVE FITNESS

Grit & Teeth founder Blevins is competitive in Olympic weightlifting, cycling and CrossFit - but doesn't believe in crushing yourself in training

With CrossFit on the rise, the idea of doing workouts 'for time' - basically, racing to get the reps in - has never been more popular. This is no surprise. It's easy for coaches to write a workout on the board and tell everyone to do it as fast as possible, and for people who've never trained, anything works for a while.

When you're a beginner, this is a good way to ensure you get some hard work in. But once you can handle heavier weights, too much intensity risks the results.

At the top level of any sport, athletes do most of their training at around 80% of their maximum, a level that could be labelled 'easy', and only the remainder at what you'd call 'intense'. If you're trying to improve

athleticism for gym-based events, it makes sense to train in a similar way - using progressive overload to force your body to adapt.

It's about time

One of the best ways to attain the highest level of fitness is to achieve the

highest possible level baseline adaptation - what you can achieve without overloading your body. How you do this depends on the sport. In running, it might be the ability to run for an hour at a specific pace, and in lifting it might be volume of weight lifted. What I'd like to introduce is the idea of working at an intensity defined by reps per minute.

The aim is to find a threshold for training and then improve it, pacing according to your fitness. For instance, I often have an athlete do a 'Death by Burpees' workout. They do one rep in the first minute, two in the second and so on, increasing the reps until failure. Once the athlete fails, I can conclude that a proper training stress would be

about 75% of that number - so if he makes it to round 18, he should be able to do 13 reps in a minute without too much trouble, but won't be able to maintain much more.

Then you can escalate the intensity on a cycle of three to eight weeks, nudging it up by about 5% a week (see box below). This adds stress in a way that lets the body adapt, without taxing it beyond its ability to recover.

When you're training, not competing, you should always feel there's more in the tank, or even that it's too easy. Any frustration you feel should allow for anticipation of event day. Remember, training is only preparation for competition: save your best effort for the day.

For more from Blevins visit gritandteeth.com

FIND YOUR RACE PACE

Looking to get CrossFit competitive? Here's the winning formula



1 Pick a move such as press-ups or kettlebell swings and do it 'Death by' style: one rep on the first minute, two on the second and so on until you can't go on.



2 Note the minute when you hit failure and multiply it by 0.75 for your training pace. Next time you train, do that number of reps every minute for 20min.



3 Up the pace by 5% every week for three weeks, then retest with another 'Death by' session. Your score should have gone up.

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A fatty full English could help make you fit and lean, as long as you avoid the bread

Should I switch to a high-fat diet?

THE EXPERT



NAME
TIM NOAKES

SPECIALITY
FOOD SCIENCE

The author, doctor and professor of exercise and sports science explains how living on full English breakfasts will revolutionise your fitness

I developed type 2 diabetes from what I thought was a healthy high-carb diet. I exercised regularly - I've run 70 marathons - and avoided high-fat food. I even wrote a book called *Lore Of Running* advocating a high-carb diet. But I was wrong. My pancreas basically ran out of energy and stopped producing insulin.

Now I worry when I watch the London Marathon. Most of the guys running in over six hours are fat. They're fat because they ate lots of carbs (assuming they could tolerate them like the lean runners at the front) and are insulin-resistant. That group would run faster, feel healthier and live longer if they went on a high-fat diet.

Very few people metabolise carbs efficiently - instead, carbs stimulate your appetite. Your energy initially spikes,

then it dips. Fat, on the other hand, is filling and provides sustained energy.

Lean, athletic people can also benefit from a high-fat diet. After the Australia cricket team lost the 2013 Ashes series, they adopted this diet. The players found

they could concentrate better and didn't get tired. In the next Ashes series, three months later, they won 5-0.

Chewing the fat

So how can you switch from a carb-reliant diet to a fat-reliant one? If you're significantly overweight, you need to cut out carbs and switch to good fats because your body is probably addicted to sugar. It might make you feel terrible at first but you'll feel better in the long run.

If you feel you could lose 4-5kg it's not essential to cut them out completely, although sugars (including honey) and processed foods are out. Aim to cut down to around 200g of carbs a day (most people average 300-400g), but pasta or pizza once a week is fine.

Replace the carbs with healthy fats from fish, macadamia nuts, avocado, dairy (including butter, cheese and milk) and coconut and olive oils.

Breakfast is key to this diet - it's the meal where people are most likely to overindulge in carbs. Instead, eat a high-fat English breakfast of bacon, eggs, mushrooms, sausages and tomatoes (but no fried bread). In general, eat lots of leafy green vegetables and avoid starchy ones such as potatoes.

These changes might lower your exercise tolerance at first. But after four to five weeks it will be better than before - as will your life expectancy.

The Real Meal Revolution by Tim Noakes, Jonno Proudfoot and Sally-Ann Creed is published by Robinson on 30th July, priced £20

WING MAN

Add fat to chicken the healthy way with this Noakes-inspired recipe for spicy chicken wings with blue cheese dip

INGREDIENTS

24 chicken wings, tips removed and cut in half at the joint / 50g blue cheese / 50g cream cheese / 200ml buttermilk / Handful of parsley, chopped / Small bunch of chives, chopped / 500g parmesan

cheese, grated / 250g butter, melted / 3tsp dried oregano / 1tsp dried chilli flakes / 3tsp paprika / 3tsp dried parsley / Salt and black pepper

TO MAKE

- Preheat the oven to 180°C/gas mark 4.
- Blend the blue and cream cheeses, buttermilk, parsley and chives to make the dip.
- In a bowl, mix the parmesan

cheese, oregano, paprika, parsley and salt and pepper. Dip each wing in melted butter then into this seasoning mixture.

- Place the wings on a foil-lined baking tray and roast for around 40 minutes until dark and crisp.



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Do I need a personal trainer to achieve my goals?

NO

says Tom Henry,
trainer at CrossFit
Perpetua in London
and ex-Royal Marine



YES

says Matt Roberts,
owner of the biggest
operator of private PT
clubs in the world



I've never had - or felt as if I've needed - a personal trainer. I was in the Royal Marines for five years and then got into CrossFit, partly because of the camaraderie that comes from a group of people all working hard to better themselves. It creates a unique community spirit that you just can't get from a one-on-one PT session.

Human beings thrive on competition, so training in a group is a great way to get you to push as hard as you possibly can. I have personal training clients, but I actively encourage them to take part in group workouts whenever possible because of the atmosphere. When you're side by side with someone doing the same workout, you're always going to lift heavier, move faster and hold on for longer.

Aside from the motivating and fun nature of group

exercise, it'll also save you money - it's far cheaper than personal training. Some people may argue that it's safer for novices to train with a PT, but that's not true as long as the fundamental movements are learned properly first.

Having said all that, there are some instances where getting a personal trainer can be beneficial. Not everyone wants to achieve the same results from their training

**'GROUP
EXERCISE
IS BETTER
- AND
CHEAPER'**

and some people use a PT because they have specific aesthetic goals that might require a more tailored training programme. If you're recovering

from an injury or you don't yet have the confidence or knowhow to train by yourself or in a group environment, go to a PT. But do you need a personal trainer to make leaps and bounds in your strength and overall fitness? Hell no. crossfitperpetualondon.com

I opened the first ever personal training gym in Europe because there was a lack of skilled professionals dedicated to helping people get the most out of their training. If you take your performance seriously, you're missing a trick by not enlisting the help of a PT - no matter what your goals are.

On a basic level, a PT will help motivate you not to skip sessions and will ensure you make the best use of your time at the gym. But more importantly, anything that's tailored specifically to you will be more effective than working on your own or in a class. A good trainer is constantly observing and adapting the session in response to your performance - that's just not possible in a group or solo setting.

Safety is also a crucial factor, and any good PT

should spend time teaching you correct form. Too many people start training without the proper guidance and pick up bad - and potentially dangerous - habits that are

hard to get out of.

I'm not saying you need to train with a PT for every session, or that one personal trainer can help you achieve every goal. A

good PT trains a client to fully understand their body, the plan, the exercises and techniques. The knowledge you acquire can be carried over to solo training sessions, and any PT who thinks you should work only with them is a charlatan. But the benefits you will get from having a bespoke, adaptive training plan from an expert are undeniable. It's not as if there's one area that will benefit more or less - every area can benefit from specialist help.

mattroberts.co.uk

**'TRAINING
TAILORED
TO YOU
IS MORE
EFFECTIVE'**

GLYCERIN 13

Run in comfort and style with the latest premium neutral shoe from Brooks

Rounded heel offers better alignment, minimising stress on joints

Super DNA midsole provides the ultimate in adaptive cushioning



Ideal Pressure Zones disperse impact for an effortless ride

Comfortable saddle construction gives a glove-like fit

3D Fit Print overlays on the upper provide flexibility and structure

A comfortable pair of running shoes can make the difference between a glorious glide across the pavement and a painful, energy-sapping slog – whether you're a first time jogger or a race-ready veteran. That's why the latest premium shoe from Brooks, the Glycerin 13, is packed with useful features to help ensure that your feet fully enjoy the ride.

It's perfect for neutral runners, with better cushioning than any other shoe in its category.

Top of its list of features is a Super DNA midsole, which provides perfect dynamic cushioning that instantly adapts to your every step, ensuring a smooth footstrike, especially if your feet have a high arch. A newly enhanced seamless upper uses 3D

Fit Print technology to wrap your foot in secure comfort, aided by an updated wraparound collar. The outsole also features Ideal Pressure Zones to optimise pressure distribution from heel to foot, while the rounded heel helps keep your body in its ideal alignment.

All this combines to enhance your running experience and help you

conquer the road every time out. When it comes to neutral running shoes, it really doesn't get any plusher than this.

The Glycerin 13 is available from brooksrunning.com/uk RRP £130

Follow @BrooksrunningUK on Twitter for more info

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BROOKS.

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UPGRADE

KIT BAG

GAME-CHANGING FITNESS GEAR AND TECH



Nano technology

The Nano 5.0 has landed, and it's the most advanced training shoe ever

Kicking off on 21st July, the CrossFit Games will see athletes from around the world competing to be crowned the 'Fittest on Earth'. The multifaceted nature of the sport demands a versatile shoe that can cope with any Workout of the Day, and we're willing to bet the footwear of choice at this year's event will be Reebok's CrossFit Nano 5.0.

Developed with help from the CrossFit community – a group not shy about letting its opinion be known – it's got a boxload of improvements over its predecessor. The revised heel and sole use smart material that acts as a cushion for jumps and jogs, and they're firm enough to ensure you don't lose any precious power when driving through your heels to lift. It's also been enhanced with Kevlar material to keep it pristine for as long as possible – it won't stop bullets, but not much else will penetrate it.

£90 reebok.co.uk

Words: Max Anderton

Men's Fitness BOOKSTORE

THE COMPLETE GUIDE TO HOME WORKOUTS

Whether you're just starting on your fitness journey or an experienced trainer looking for new ways to challenge your muscles, you can do it in the comfort of your own home – and with minimal kit – using the workouts in this MagBook. **£9.99**

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Shun plastic and get back to nature with these sunglasses, which are hand-made from Canadian maple wood.



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£20 shore.co.uk

This affordable option offers 100% UV protection and has a flexible, lightweight frame that bends instead of breaking.



OAKLEY FROGSKINS

£100 oakley.com

A 1980s classic resurrected and updated with modern lens tech that provides superior optical clarity in all conditions.

Good looking

Stop squinting, protect your eyes from harmful UV rays and look sharp this summer



POLICE MOMENTUM 1

£129 sunglasses-shop.co.uk

The Miami Vice pastel tones will make you feel like you're on holiday whenever the sun is shining.



MONEY CITY

£75 moneyclothing.com

These pure white Italian sunnies can make you feel like an incognito mafioso. Just don't start threatening people.



HYPE

£10 justhype.co.uk

At this price you can carry a few spare pairs of these classic-style sunnies from the British fashion brand.



SILHOUETTE ADVENTURER

£160 vision3k.com

The near-indestructible wire frame on these aviator-style shades can flex in every direction, while the lenses pop out on impact.



POLO RALPH LAUREN

£104 sunglasshut.com

Turn that collar up and bring the yacht around, or just pretend you're on the Med - both work with these classy sunnies.



RAY-BAN AVIATOR DISTRESSED

£135 ray-ban.com/uk

As well as a 'vintage' scuffed design, these shades from the world's most iconic brand also offer a high level of clarity and protection.



GEAR UP FOR ACTION!

Military1st.co.uk

5.11



£58.50

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£47.70

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£51.30

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£58.50

Recon Half Zip Fleece



£80.10

Tactical Full Zip Sweater



£76.50

Tactical 1/4 Zip Sweater



£45.00

Sub Z Crew



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£28.80

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£34.20

RECON Performance Top



£31.50

RECON Adrenaline Short Sleeve Top



£45.00

Rapid Performance Polo Short Sleeve



£40.50

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£34.20

RECON Training Shorts



£45.00

RECON Vandal Shorts



£103.50

COVRT 18 Backpack



£90.00

COVRT Boxpack



£19.00

Rapid Excursion Pack



£87.50

RECON Outbound Gym Bag



£76.50

NBT X-Ray Duffle Bag



£64.80

NBT Lima Duffle Bag



£54.00

NBT Mike Duffle Bag



£76.50

Ranger Boots



£85.50

RECON Trainers



£10.80

RECON Ankle Socks



Get the boot

Treat yourself to new firm-ground boots in time for the start of the new season

**1 NIKE
HYPERVENOM
PHANTOM II**

£230 nike.com

It looks like an oversized sock and feels like a glove, with a close fit that makes for an impressively responsive touch.

**2 SONDICO
TOUCH FG**

£30 sondico.com

It's not as well designed as the other boots here for ball control - but the difference is negligible considering the vastly lower price.

3 ADIDAS XI5.1

£150 adidas.co.uk

Mean-looking claw studs on the soles provide excellent grip on the turf, so you'll be able to twist and turn with ease even in muddy conditions.

**4 PUMA
EVOPOWER 1.2
GRAPHIC**

£150 puma.com

The flexible sole and relatively long studs make this boot suited to nippy players who prefer to stay on their feet.

**5 UNDER ARMOUR
SPEEDFORM**

£150 underarmour.co.uk

As the name suggests, this boot is all about speed thanks to a super-lightweight sole that ensures an explosive first stride every time.



Camera drones

They're hovering about everywhere from local parks to alpine peaks. Here are the best aerial photography drones available



YUNEEC Q500 TYPHOON RTF

£960 maplin.co.uk

The Q500 takes silky-smooth video and sharp photos thanks to its gimbal system – the stabiliser that allows the camera to pivot and acts like a Steadicam to eliminate jerkiness. On the downside, colours have a slight yellow hue to them and there are occasional jagged artefacts. There's no way of tweaking video settings to fix this.

If you have difficulties and need to abort a flight, it automatically returns to its take-off spot at the press of a button (as do all the drones tested). We found the Q500 difficult to manoeuvre at first, even in the beginner-friendly Smart Mode, but after a bit of practice you'll get used to piloting the drone, and it's a fun way to film on the move – we had some particularly bizarre pigeon interactions – even if the heavy-duty controller makes you look like the nerdiest guy in the park.

PROS ■ Records amazingly smooth video

■ Return Home mode has pinpoint accuracy

CONS ■ Images are over-saturated and can be blocky

■ Slightly skittish even on assisted mode

MAX FLIGHT TIME 25min

MAX FILM AND PICTURE QUALITY 12MP, 1080p/60fps

SCORE ●●●●●

BLADE 350 QX3 AP

£800 maplin.co.uk

Like some kind of loyal, digital dog/bird hybrid, this drone's best feature is its ability to hover exactly where you want it using GPS and an altimeter. The other drones tested do this too, but the Blade is the only one to stay exactly where it is even in gusty weather. Good drone.

Despite costing slightly less than the other high-end drones, the only area in which it's notably inferior seems to be flight time. Assisted flying is a little less jerky than with the other drones tested, and our first flight was fun rather than nerve-racking. It has a Return Home mode if needed, but we managed to land it safely by ourselves every time. An Agility mode lets you do flips and rolls, but you'd need to be experienced not to destroy your brand new drone with a heavy thumb.

We have few complaints with video and picture quality, though there is a tiny jerk when the camera starts panning. It's barely perceptible but could become a bugbear for perfectionists.

PROS ■ Helpful video tutorials on Blade's YouTube channel

■ Hovers perfectly in exactly the same spot

CONS ■ Relatively short flight time ■ Lack of an 'eject' makes it hard to get the MicroSD card out

MAX FLIGHT TIME 15min

MAX FILM AND PICTURE QUALITY 16MP, 1080p/60fps

SCORE ●●●●●

PARROT BEBOP

£430 parrot.com

The Bebop is more of an overpriced toy than a serious filming option. From the polystyrene bumpers that let you fly inside with less risk of destroying everything in sight, to the fact that it's controlled by your smartphone (although a controller is available), this is for people who don't know the difference between pitch and yaw – and don't care.

Sadly, touchscreens are difficult for precise control. Outdoors, you can plot a route on a map for the drone to fly itself using GPS. It's cool, but this makes it difficult to catch specific action with the onboard camera. That's a shame because the video is lovely and smooth.

Piloting the Beebop is easier with the controller but you can't buy this separately – only in a bundle that adds £340 to the price. That's frustrating, because the inaccurate touchscreen controls are what stops us wholeheartedly recommending it. And if you have enough cash for the pricy bundle, you may as well fork out for the Blade.

PROS ■ Can survive most crashes ■ Relatively safe to fly indoors

CONS ■ Not suitable for capturing specific action

■ Hard to pilot using touchscreen controls

MAX FLIGHT TIME 11min

MAX FILM AND PICTURE QUALITY 14MP, 1080p/30fps

SCORE ●●●●●

DJI PHANTOM 3 PROFESSIONAL

£1,400 dji.com

As reflected in the price and name, this is easily the best option for filming and photography. Video shot in 1080p is crisp, with natural-looking colours and no hint of judder, while footage captured in 4k would confidently fill a cinema screen. The controller can be used up to 2km away from the drone, and the Phantom 3 sends a live camera feed to your phone or tablet that has zero perceptible lag.

Despite its chunkiness, the Phantom 3 can also be flown indoors thanks to smart positioning technology that scans the ground for patterns to keep it from crashing. It's also highly responsive, and by far the easiest drone to manoeuvre. Having said that, we had an accident in our photo studio, losing two blades, so we'd only fly it in larger spaces.

This really is one for the pros because you need a licence and special permission (see below) to make the most of its huge 2km range. Then again, if you have 1,400 quid to drop on a drone, that's not likely to faze you.

PROS ■ Professional-quality video recording

■ No lag on live video feed

CONS ■ Costs more than some second-hand cars

■ CAA permission required to use all features

MAX FLIGHT TIME 23min

MAX FILM AND PICTURE QUALITY 12MP, 1080p/60fps, 4k/30fps

SCORE ●●●●●



Licence to film

You can do what you want with a drone in your own home, but the Civil Aviation Authority (CAA) has rules when outdoors

500m

Your drone has to remain in sight and within 500m of you.

50m

It's illegal to fly a drone within 50m of a building or a person.

150m

You can't fly your drone within 150m of a built-up area.

1,000

Avoid organised open-air gatherings of more than 1,000 people.

You must complete a training course and apply for a permit from the CAA to use a drone for any type of commercial purpose, and gain permission to fly it in any of the situations described above.

Bristle fashion

Whether you want super-smooth skin, designer stubble or the full Blessed, **MF** picks the electric shaver to help you achieve it

1

WAHL LI+ TRIPLE PLAY

£45 argos.co.uk

Beard trends are constantly shifting – they're scruffy, they're cool, they're scruffy again... The Triple Play makes it easy to adapt your facial hair to current fashion, with a stubble trimmer and a fine detailing attachment as well as a rotary head. You get two hours' battery life, and if it runs out at a vital moment, three minutes gives you enough charge to shave.

2

REMINGTON HYPERFLEX

£65 boots.com

The HyperFlex's battery isn't as good as the Wahl's, giving you 60 minutes with a five-minute quick charge option, though it does have an LED indicator to save you from getting caught half-shaved. Also, it only has a rotary head – but what a head it is. It flexes around your jawline, catching so many hairs that you only need a few sweeps before your whole face is done.

ROTARY

BEST FOR

Sensitive skin

WHY? The circular blades pivot so the shaver follows your face's contours with minimal pressure required, reducing irritation

3

3

BRAUN SERIES 9

£250 amazon.co.uk

A powerful motor creates 10,000 sonic vibrations and 40,000 cutting actions per minute. Well, we haven't counted them, but considering how effective the Series 9 is, we have no reason to doubt it. While most foil shavers are just for stubble, this one easily tackles a few days' growth. It also comes with a dock that cleans and lubricates the shaver at the touch of a button – ideal for anyone who can't be bothered to do it manually (ie everyone).



FOIL

BEST FOR

The closest shave possible
WHY? The design means they can get nearer to the hairs' roots than rotary shavers



CLIPPER

BEST FOR

Maintaining your beard or stubble
WHY? Clippers let you choose a uniform length for your facial hair so you can wear a beard without going full hermit



4

PANASONIC ES-LV95

£280 selfridges.com

If you remember when razors got a third blade, your mind is probably boggled that they now have five. What do all those blades do? In this case, the quintet design allows the ES-LV495 to pack in three types of foil patterns to decimate all kinds of facial fluff, from stubble to full whiskers. It's less harsh on your skin too, using an automatic stubble sensor so one-day stubble doesn't get the same treatment as longer hair.

5

BABYLISS SUPER STUBBLE

£90 babyliss.co.uk

A hybrid of a foil/rotary razor and a traditional clipper, the Super Stubble has a contouring head that moulds to the shape of your face, helping it to catch more hairs in tricky curved spots. The battery gives an hour's usage and an LED display shows how long you have left to the minute, and even when the battery is on its last legs it's just as powerful until its last gasp, instead of slowly giving up on you.

6

PHILIPS BEARD TRIMMER 9000

£75 philips-shop.co.uk

Some shavers struggle with the hairs under your nose or in the corners of your mouth. Not this one. A smaller trimmer on the reverse side gets in all the nooks and crannies, while the main clipper can be adjusted from 0.4mm to 7mm. Oh yeah, and it's got *fricking lasers*. A laser guidance system beams a line across your face acting as visual guidance to stop you accidentally lopping off too much beard.



DO YOU HAVE WHAT IT TAKES?

Sports, fitness and travel are just three of the benefits Matt Ellis enjoys as an ICT Technician in the RAF. Here, he talks to MF about what the job entails and the physical standards you have to meet in the military

Why did you decide to join the RAF as an ICT Technician?

I always wanted to work in a technology-based field, but the diversity of roles available within the RAF really made it stand out as an option compared to the equivalent civilian jobs. You get the chance to work on loads of different systems and you're learning new skills all the time. Examples of some of the employment fields are cyber security, surveillance radar, aircraft mission support systems, network administration, application support and airfield navigation aids.

What do you enjoy most about your role?

That I get to use a vast array of technologies, from working on new digital equipment to traditional analogue electronics and everything in between.

What opportunities has the RAF presented to you?

I've travelled to places I probably wouldn't have been otherwise, and done things I definitely wouldn't have had the opportunity to do, such as flying in a Hercules aircraft and seeing lava flows over a fault line while I was in the Falkland Islands. I've also travelled to various countries playing football, including France, Holland, Ireland and Cyprus.

What training have you had to do?

There's lots of physical training involved, as well as the military basics that everyone needs to know. My specialist trade training included analogue and digital electronics,

Cisco network packages and culminated in the award of an Advanced Apprenticeship. I've received additional training for my current role - education and development are important aspects of RAF life.

Outline your average day.

Like everyone in the RAF, my priority is to ensure that the Service can deliver its operational output. So my first job is always to find out what tasks need to be done. There are always preventive maintenance tasks to do but my team often need to work out our priorities because faults can come in at any time. Depending on the nature of a fault we may have to drop everything in order to divert our attention to it. Fixing a fault can mean the difference between aircraft being able to take off or not. Once all tasks are complete, there may be the opportunity to go to the gym or focus on personal development.

What's the lifestyle like in the RAF?

Being in the RAF is a way of life - it's certainly not the average nine-to-five! There are always opportunities to get involved in a whole host of activities that take place during normal working hours and outside of work hours too. The RAF prides itself on promoting a healthy work/life balance and it views support to our families as a crucial part of Service life. That means there's always plenty to do, whether that's on the sporting front, as part of a club or on the social side. You can just get away from it all too if you've had a particularly demanding day and you just want to relax with your mates or at home with your family.

What are the best experiences you've had?

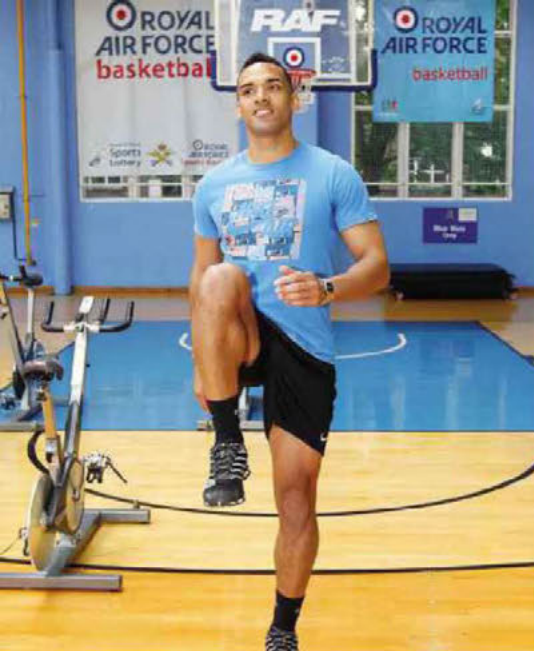
There are quite a few, but the one that stands out the most was when I represented Great Britain for the Combined Services football team. Lining up with the national anthem playing brought me a great sense of achievement. That year I also got to spend a week at England's National Football Centre at St George's Park, where we had access to all the facilities that the national squad use. Again, this is something I would never have got to experience if I hadn't joined the RAF.

What kind of fitness facilities do you have on your station?

We have access to an onsite gym with pretty much every conceivable piece of equipment. Olympic lifting has become popular recently, so the gym has been kitted out with new bars, power racks and proper flooring to allow weights to be dropped. There's indoor, outdoor and artificial-turf football pitches that can also double up as hockey, netball and basketball courts, plus a swimming pool, climbing wall and athletics track. Almost every sport is catered for, and we also have a dedicated rehabilitation gym to use when recovering from injuries.

What are your top tips for joining the RAF as an apprentice?

The main tip would be to prepare physically. Days can be quite long in the first few months so being fit will not only stand you in good stead for the physical sessions but also keep you sharp mentally.



PUSH YOURSELF TO YOUR LIMIT

How would you fare against some of the fittest servicemen in the RAF?

Every man serving in the RAF has his fitness levels regularly tested, including his VO₂ max - measured via the bleep test - and the maximum amount of press-ups and sit-ups he can complete in one set. Try the test yourself: if your results are in the green zone, you've passed, while a light blue score is very good and a dark blue score would place you among the fittest men in the RAF. Servicemen whose results fall into the green zone are tested again six months later, while light or dark blue results ensure they won't be tested for another 12 months.

Age 17-29	Pass	Very good	Excellent
Bleep test score	Level 9.10-11.6	Level 11.7-15.3	Level 15.3+
Max press-ups	20-39	40-59	59+
Max sit-ups	35-40	41-54	54+

Age 30-34	Pass	Very good	Excellent
Bleep test score	Level 9.4-10.10	Level 10.11-14.10	Level 14.10+
Max press-ups	19-36	37-56	56+
Max sit-ups	32-37	38-51	51+

CORE CHALLENGE

Build a rock solid mid-section with this RAF plank workout

Perform all of the exercises below in a continuous circuit for a total of three minutes, keeping your hips engaged throughout.

- 1 Plank **20 seconds**
- 2 Left side plank **20 seconds**
- 3 Right side plank **20 seconds**
- 4 Plank **20 seconds**
- 5 Top of press-up position **20 seconds**
- 6 Left press-up position **20 seconds**
- 7 Right press-up position **20 seconds**
- 8 Top of press-up position **20 seconds**
- 9 Plank **20 seconds**



To find out more about the role follow the QR code or search RAF ICT Technician at www.raf.mod.uk/recruitment or call 0345 605 5555

ROYAL AIR FORCE Engineering



JACK'S

With an injury-hit season firmly behind him, MF meets a rebuilt and recharged Jack Wilshere ahead of a pivotal year in his career for club and country

Jack Wilshere is ready for launch. Poised beside a giant crash mat, he's winding up to leap into an acrobatic scissor kick in front of the *MF* cameras. For a young man who spent a large portion of the 2014-15 Premier League season injured, he's throwing himself into action with remarkable abandon.

It's characteristic of how the courageous midfielder goes about his business on the pitch for Arsenal and England – at times to his team and his body's detriment. But he has no intention of changing the way he plays.

'I don't want to adjust my game because that's who I am,' he says, when *MF* meets him on the eve of Arsenal's penultimate Premier League match of the season against Sunderland. Nor should he. As he rightly attests, most of his injuries have resulted from opponents' fouling him, unable to shackle Wilshere as he surges past them.

His combination of close control, vision and a combative, tenacious style of play in both attack and defence marked him out as a star of the future when he burst into the Arsenal first team aged just 16. Now, aged 23, Wilshere is approaching crunch time in his career. While last

season was a relatively quiet one for him on the pitch, with just nine league starts, off it he's been working tirelessly to get back to his best and fulfil his undoubted potential – as demonstrated by the impressive abs he reveals at the *MF* shoot.

HARD CORE SUPPORT

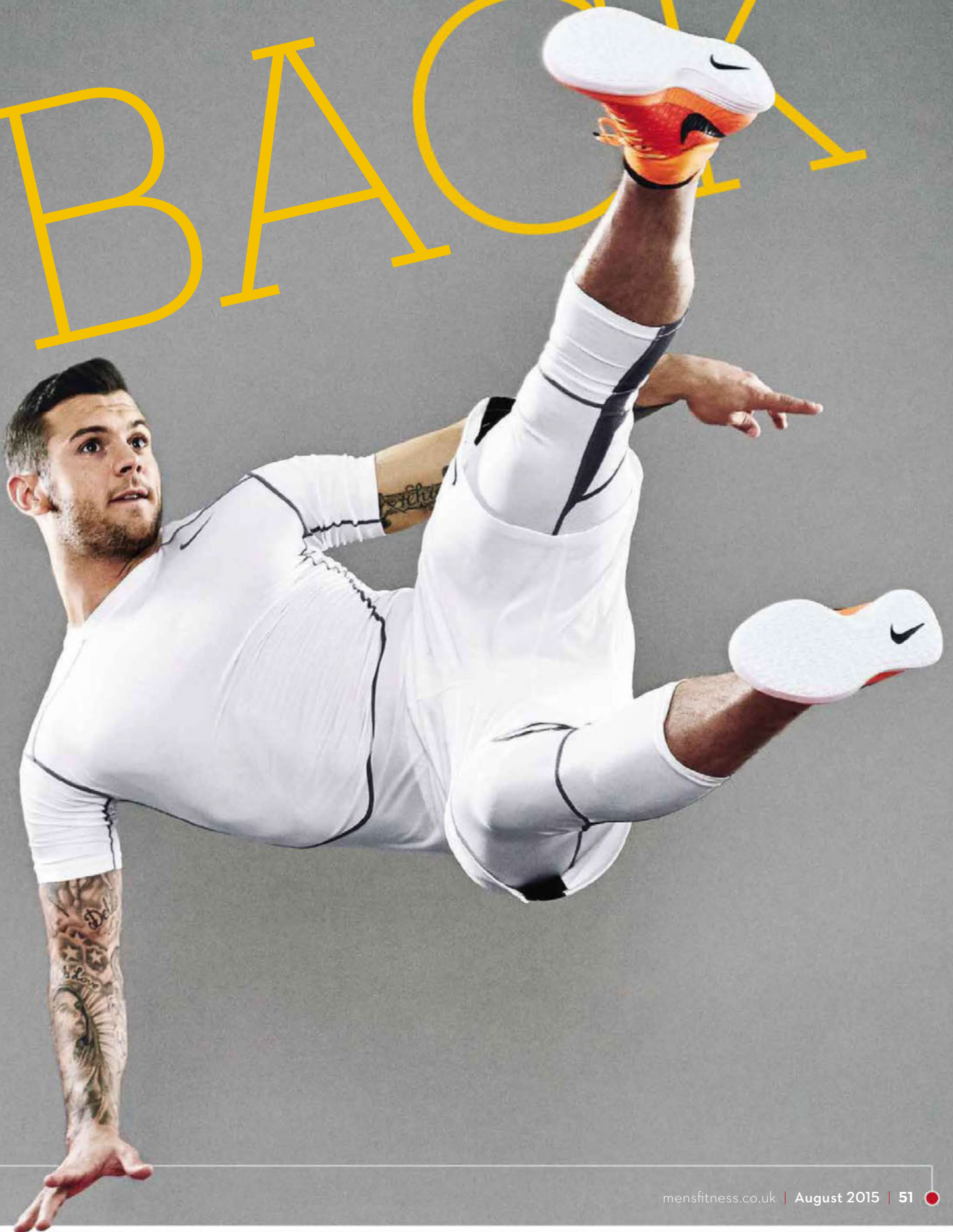
Wilshere's standout season to date came in 2010-11. He racked up 49 club appearances, outshone the otherworldly Argentine Lionel Messi in a 2-1 Champions League first-leg win over Barcelona and was voted PFA Young Player of the Year. He also

**'I DON'T WANT TO
ADJUST MY GAME
BECAUSE THAT'S WHO I AM'**

made his international debut, becoming the tenth youngest player ever to play for the senior England team. Since then, despite amassing 27 caps for his country, he's been dogged by constant ankle injuries – he missed the entire 2011-12 season after a



BACK





fracture was discovered during preseason – but he recognises every setback as an opportunity to come back stronger.

‘When I first got injured my core strength was terrible,’ Wilshere says between keepie-ups. ‘I was 18, playing three times a week and didn’t really do any gym work. All of a sudden when you’re injured you realise everything revolves around your core. It’s crucial for balance and absorbing impact. The first thing my physios got me to work on was my balance.’

The Arsenal physiotherapy staff got him to start simple. ‘I had to stand on one leg and close my eyes,’ says Wilshere. ‘I couldn’t do it.’ Once he got the hang of it and could keep his balance for 30 seconds, he progressed to doing the same thing on a Bosu ball, then introduced throwing and catching medicine balls – presumably with his eyes open. ‘It made a big difference when I came back to full fitness,’ he says.

Wilshere uses this drill as part of a tailored routine that he’s constantly developing. The day before a match, he starts with stretching and foam rolling to improve his ankle and calf mobility. After a team meeting and

‘THE LEVEL OF FITNESS YOU NEED TO SURVIVE IS ABSURD’

a short, sharp training session of keep-ball, he does a 20-minute power workout involving box jumps and loaded jump squats. ‘I work on my speed and strength every day,’ he says. ‘I do a lot of work on my first five yards. For a footballer that’s really important.’ To finish, he works on his chiselled rock-solid core with his eight-minute abs session (see the box on p54). As part of injury rehab he uses a vicious 5km Wattbike challenge to top up his stamina (see the box ‘Reboot Camp’, opposite).

GERMAN ENGINEERING

Wilshere’s core and balance might initially have needed work, but power is one asset

he’s always had in spades, allowing him to always play in older age groups as he rose through Arsenal’s youth ranks to the first team. But at senior level, and especially after injury, it’s much tougher for your fitness to reach the heights demanded by the most physical of Europe’s top leagues.

‘The intensity of the Premier League is incredible,’ says Wilshere. ‘The levels of fitness you have to reach just to survive in it is absurd. When you’re out for a few months it’s tough to come back. It takes a lot of work in the gym with the physios, the specialists, you’re willing to try anything that will help you get fit.’

He’s undoubtedly in the right place. When French manager Arsène Wenger arrived at Arsenal in 1996 – five years before Wilshere joined the Arsenal Academy at the age of nine – he quickly cleared out an entrenched drinking culture at the club. In its place came experts to improve the players’ nutrition, fitness training and rehabilitation that brought with it a period of sustained domestic success.

The latest addition is American Shad Forsythe, who joined from the backroom



staff of the 2014 World Cup-winning German national team as the new head of performance. Fitness is one of the key areas in which Wenger and Arsenal aim to find an edge over their competition and Forsythe's influence is considerable. During the World Cup, the German

players on average covered 120.9km per game; in comparison, their Brazilian semi-final opponents covered 106.8km. (England managed 106.3km per match, despite playing four fewer games.)

Forsythe has brought several of the initiatives that worked for Germany to

London Colney, Arsenal's training ground. Every player is monitored with GPS and heart rate monitors in each training session, followed by detailed analysis of each individual and how they work as a team. Players are given nutrient-dense food prepared by expert chefs, which they



REBOOT CAMP Follow Wilshere's lead to improve your athletic prowess on the pitch or off it

STRENGTH PUSH AND PULL



'A strong upper body helps deal with forces that go through your body when sprinting,

kicking and jumping,' says Wilshere. 'These workouts balance push and pull exercises, such as bench presses, bent-over rows, weighted dips and chin-ups, usually doing three sets of 6-10 reps.'

ENERGY TWO PRE-MATCH CAFFEINE TABLETS



'I did it once and had a good game - it was the game when we beat Barcelona - so I just stuck with it. I'll have a pre-match meal four hours before and a coffee shortly before kick-off.'

STAMINA 5KM WATTBIKE CHALLENGE



'On the highest level, cycle 5km as quick as possible. I challenged the Arsenal coaches

Jerry Flannery and Johnny O'Connor, who are former Irish rugby players, to this. It's so hard it's ridiculous, but I beat them. It took me 6min 21sec.'

BALANCE BOSU BALL DRILL



'Stand on the soft side of a Bosu ball on one leg for 30 seconds. Once you can

master that without having to put your other leg down, do it with your eyes closed. This improves proprioception and ankle stability.'

can also have as takeaway dinners after training, and each player is also given an individually tailored fitness regimen.

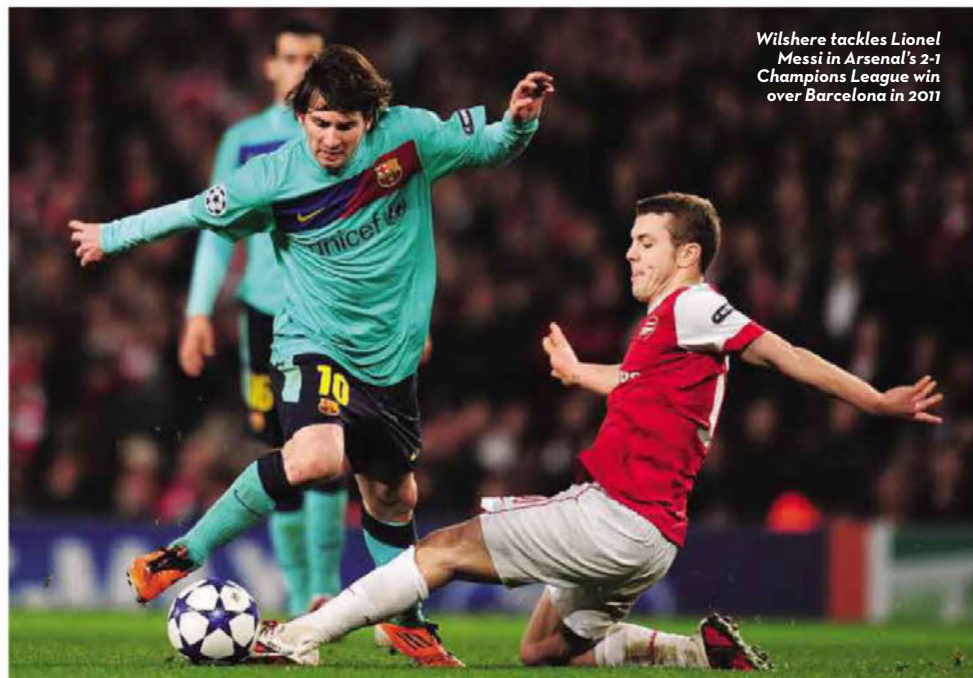
'Training used to be long, hard double sessions for the whole team,' Wilshere says. 'Now training is more positional-based. Midfielders do one drill, defenders and attackers another. Training is more intelligent.' Identifying potential injury issues before they materialise is also key. 'We get weighed every week,' says Wilshere, who is 76kg and 7.8% body fat. 'We get regular DEXA scans to check our muscle mass and body fat levels. There's no hiding place.'

Rather than simply to keep checks on the players' diets - 'I haven't eaten junk food since I was 11 but I'm not teetotal, I have a drink maybe once a month,' Wilshere says - these tests provide early warning signs for any issues that could sideline them later in the season. 'It's like running a virus scan on the human operating system,' said Mark Verstegen, Forsythe's mentor and former colleague at athlete performance centre EXOS, in an interview with the *Guardian*. 'It helps address inefficient movement patterns up front.'

UNLUCKY STRIKE

Under this level of scrutiny with his club behind closed doors and under the tabloid media spotlight, the pressures of modern football and raising a young family have weighed heavily on his young shoulders.

'I was 19 when my son Archie was born,' he says, pointing to the array of body art he has in honour of his family, including his daughter Delilah. 'It gave me perspective. Juggling fatherhood, training and playing is tough. When I'm



Wilshere tackles Lionel Messi in Arsenal's 2-1 Champions League win over Barcelona in 2011

'I MADE MISTAKES BUT I'VE LEARNED FROM THEM'

fully fit and playing it's a lot easier but when you're injured you know you have to focus most of your time on getting fit.

'When I was younger I found it hard to deal with. I questioned if I'd ever get back to the same level. I didn't deal well with the frustrations,' he says, in reference to tabloid scrutiny of his off-field behaviour. 'I made mistakes but I've learned from them

and I'm a better person for it. Now if I get injured I know what it takes to come back.'

GUNNING FOR GLORY

Following the *MF* shoot - in which one of his scissor kicks nearly punched a hole through the studio ceiling - Wilshere returns to first-team action with a bang. After scoring *Match Of The Day*'s goal of the season - a bullet half-volley into the top corner from outside the box in Arsenal's 4-1 demolition of West Bromwich Albion - he appears as a substitute at Wembley as the Gunners retain the FA Cup, beating Aston Villa 4-0. A few weeks later he crowns his season with two stunning goals in a man-of-the-match display as England secure a vital Euro 2016 qualifying win in Slovenia.

Now, with a World Cup-winning addition to Arsenal's fitness staff, a tailored gym

EIGHT-MINUTE ABS

With his physios, Wilshere uses this circuit to create an impact-absorbing, injury-preventing iron core

Wilshere finishes his workouts with this core-strengthening circuit. Do the four-move circuit twice, performing each exercise for 30 seconds on, 30 seconds off, for a total of eight minutes. 'To keep it challenging I swap in powerful med ball slams, static gym ball moves, rotations and even deep core moves on a Pilates reformer,' says Wilshere. 'It improved my core strength massively when I was first injured and I've always done it since.'



1 BODY SAW

Rest on your elbows, with your feet together and body in a straight line. Keeping your glutes squeezed and hips up, slowly rock forwards and backwards.



2 SPIDER-MAN PRESS-UP

Start in a press-up position. As you bend your arms to lower your chest to the floor, bring your knee up and out to one side. Alternate sides with each rep.



3 RUSSIAN TWIST

Sit with your core engaged and feet off the floor. Holding a medicine ball or football in both hands, slowly rotate to either side, keeping your chest facing the ball throughout.



4 MED BALL ALTERNATING PRESS-UP

With your feet together, keep your core tight and body straight as you do a press-up with one hand on a medicine ball. Alternate sides with each rep.



**'PEOPLE SAY
WORK ON YOUR
WEAKNESSES.
I SAY WORK ON YOUR
STRENGTHS'**



routine to keep injuries in check and the incentive of an England place that's apparently his for the taking, Wilshere is focused on reminding everyone why he created such a buzz in the first place.

'The Euros are at the end of the season but I won't approach it any differently,' he says, bullishly. 'People say you should work on your weaknesses but I think you should work on your strengths too. That's what got you to where you are. The teams that do well are the ones that have players who've had a good season. It's about building momentum when you need to be at your best if you want to succeed.'

With that, Wilshere heads for the exit, stopping to sign autographs and take pictures with the excited children that have gathered outside the studio. And since even England's youngest supporters have already known international tournament disappointment, for their sake you hope the 2015-16 season will be a vintage one for Wilshere.

TURN OVER FOR WILSHERE'S WORKOUTS >

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**FULL
BODY
POWER**

ACCELERATE YOUR PROGRESS

Build the explosive speed and power that a top-level midfielder needs

THE PLAN

Wilshere has a low centre of gravity and his game is based on speed over five and ten metres. The Arsenal physios developed this workout to prepare his body to cope with the rapid acceleration, deceleration and swift changes in direction he needs to bypass midfield congestion.



1 MEDICINE BALL SLAM

SETS 3 REPS 4 REST 30SEC

This gets the body switched on for power gains. Raise the ball above your head, rising up onto the balls of your feet, and contract your core as you slam the ball into the floor as hard as you can. Catch it as it bounces.



Wilshere's
bench press
one-rep max is
105kg and six-rep
max is 90kg

2 LOADED JUMP SQUAT

SETS 3 REPS 3 REST 2MIN

Rest the bar on the back of your shoulders. With your chest up and core braced, squat, then drive up powerfully to jump. Land with soft knees and repeat. Wilshere does this with 40kg, but focus on moving as quickly as possible rather than weight.



3 BOX JUMP

SETS 3 REPS 3
REST 2MIN

From a standing start, jump powerfully forwards onto a box, using your arms to generate momentum and bending your knees to soften your landing. Step rather than jump down, then repeat.

Wilshere,
who's 1.72m tall,
has a max box
jump of 1.17m



4 SPRINT

SETS 3 DISTANCE 15M REST 90SEC

Wilshere often does this wearing a 'run rocket' - a parachute that increases resistance. To emulate this, get a training partner to hold on to your shirt as you sprint for the first 5m, then get them to let go so you can sprint at full tilt for a further 10m.



LOWER
BODY
STRENGTH

BUILD STRONG FOUNDATIONS

Promote every muscle with this balanced leg-strengthening workout

THE PLAN

Before a workout Wilshere works on his mobility, using foam rollers, hockey balls and bodyweight moves like lunges and squats to mobilise his ankles, hips and thoracic spine. Then these moves target all the lower-body muscles.



Wilshere's back squat one-rep max is 120kg and front squat six-rep max is 100kg

1 FRONT SQUAT

SETS 3 REPS 6 REST 2MIN

Rest the bar across your upper chest with your hands holding it in place and your elbows as high as you can get them. Keeping your chest up and back straight, squat down until your thighs pass parallel, keeping your knees wide apart, then drive back up.



2 GLUTE BRIDGE

SETS 3 REPS 8 REST 2MIN

Sit with your back against a bench and a barbell across your hips - Wilshere lifts between 120 and 145kg. Contract your glutes and raise them until your hips are higher than your knees. Lower until you're just off the floor between reps.



3 DUMBBELL BULGARIAN SPLIT SQUAT

SETS 3 REPS 6 EACH SIDE REST 90SEC

Holding dumbbells, place one foot on a bench behind you. Bend your front leg to lower your body, keeping your front knee in line with your toes. Drive back up through your front foot.



4 SINGLE-LEG ROMANIAN DEADLIFT

SETS 3 REPS 8 EACH SIDE REST 90SEC

Hinge forwards from your hips, raising one straight leg behind you. Keeping your standing leg straight, lower until you feel a moderate stretch in your hamstrings. Return to the start.

5 DUMBBELL STEP-UP

SETS 3 REPS 8 EACH SIDE REST 60SEC

Hold a dumbbell in each hand by your sides and tense your core. Step onto a high box with one leg, then drive through the heel on that foot and bring the other foot up. Step back down with the leading leg, followed by the other leg to return to the start.



6 GYM BALL HAMSTRING CURL

SETS 3 REPS 7 REST 60SEC

Lie with your heels on a gym ball. Raise your hips to make your body straight. Keeping your glutes strong and hips up, bend your legs to roll the ball towards you, then back.



7 CALF RAISE TOE TAP

SETS 3 REPS 10 EACH SIDE REST 60SEC

Hold a barbell with a mixed grip in front of your thighs. With your core tight and back upright, rise up onto the balls of your feet. Keeping one heel high, slowly lift one foot off the floor. Alternate sides. The aim is to ensure your heels never hit the ground during the set. ☐

Words Mark Bailey

THE NEW BREED

A fresh wave of super-fit athletes are redefining the image and intensity of traditional sports with innovative training ideas and dedication to strength and athleticism. We pick ten stars of the new generation – and reveal what you can learn from their physical evolution



THE SUPERSTAR SWINGER

Rory McIlroy

Some pro golfers look like dressed-down estate agents with their patchy tans and paunches, but Northern Irish superstar Rory McIlroy has muscled his way to the world number one spot with gym routines that have added 9kg of muscle to his frame and shaken up his sport. By packing on strength in three key areas – his lower legs, arms and core – the 26-year-old has added distance to his shots. Tee up your own transformation with McIlroy's world-beating moves.

HEX BAR DEADLIFT

SETS 3 REPS 10

Stand in the centre of the hex bar. Squat down, grip the sides and lift the bar by extending your knees. Pull your shoulders back at the top of the lift.

GYM BALL OVERHEAD EXTENSION

SETS 3 REPS 12

Lie with your upper back on a gym ball holding a dumbbell in both hands. Keeping your back and core locked straight, perform overhead extensions by lifting the weight above your head and back behind you.

**THE STAMINA KING****Peter Kennaugh**

Team Sky cyclist Peter Kennaugh won the 2014 national road race championships by ripping up his endurance limits and building high-end fitness with 'spiked' over-and-under threshold efforts. The 26-year-old's secret is to hit a high but sustainable threshold pace, then blast past it for a few minutes before returning just below sub-threshold. To find your threshold, do an all-out run or cycle for 20 minutes, check your average heart rate, then subtract 5% to get the threshold you should be able to sustain for an hour. Now hammer out a 60-minute run or ride at that pace, but add in one-minute intervals over and under your threshold intensity, to develop Kennaugh-esque stamina.

**THE POWERHOUSE****Joe Burgess**

Wigan Warriors' exciting 20-year-old rugby league winger Joe Burgess is top Super League try-scorer after 19 rounds of the 2015 season and has already been recruited for Australian NRL giants Sydney Roosters next year. He shapes up for success with a triple-threat fitness test created by Wigan's director of performance Mark Bitcon: first run to failure on a treadmill at 12-13km/h, then knock out 1km on the indoor rower before finishing with another 1km max effort on a Wattbike or stationary bike. 'The boys can be pretty sick afterwards,' says Bitcon. But not as sick as Wigan's opponents when Burgess powers through for another try.

**THE ALL-ROUNDER****Rory MacDonald**

At 25, Canadian Rory MacDonald embodies the new generation of UFC fighters who grew up with mixed martial arts instead of adapting from traditional styles. 'The key is to always be changing,' MacDonald says. 'You have to get creative or you won't get much stronger or faster.' As well as boxing, jiu jitsu, kickboxing and wrestling, he does sled pushes, thrusters, box jumps and supersets of chin-ups and medicine ball slams. He also cranks up his cardio using resistance paddles in the pool and a stationary bike so he never runs out of steam – or ideas.

**ADAPTED PRESS-UP
RENEGADE ROW**

SETS 3 REPS 8 EACH SIDE

Adopt a press-up position with dumbbells either side of your body. Perform a press-up, then move across to place your left hand where your right hand was, and use your right hand to lift the dumbbell up to your chest. Repeat to the other side.

THE SPEED DEMON

Kevin Jan Magnussen

As McLaren's 2015 test driver, 22-year-old Danish formula one prodigy Kevin Jan Magnussen is benefitting from cutting-edge training protocols. 'Cardio training is important but it slows down the nervous system so drivers do endurance, agility and speed work too,' says McLaren trainer Clayton Green. Magnussen's training includes speed ladder sprints, medicine ball slams and high-tech reaction wall drills. You can do the same without the tech using a SKLZ reaction ball (£7.95, amazon.co.uk.)



THE GROUNDBREAKER

Max Whitlock

With two Olympic bronze medals and two silvers in the world championships, 22-year-old British gymnast Max Whitlock knows how to swing to the top of his sport. Yes, his training focuses on traditional gymnastic



bodyweight drills but he has also been prepared to smash the old-school rules by harnessing vibrating PowerPlate routines to build agility and proprioception (the body's 'sixth sense', which co-ordinates your spatial awareness and limb movements). 'The vibrations strengthen the accessory muscles



THE COLOSSUS

George North

Rugby wingers used to be fast but fragile. Then along came Wales behemoth George North, a 1.94m, 109kg colossus who can squat 255kg and sprint 40m in under

five seconds. The 23-year-old packed on 26kg of muscle by doing escalating density training (EDT): the 'density' comes from pumping out the maximum reps in a set time; the 'escalating' element from increasing the reps or weights each session.

For size... EDT

Alternate between five chin-ups and five bench presses for 15-20min. Rest for 5min. Then alternate between five squats and five deadlifts for 15-20min. Aim to increase the number of reps each session until you hit a 20% increase, then add 5% heavier weights.

For speed... STICK SPRINTS

Sprint for 40-50m while holding a stick with both hands above your head. Do this 3-4 times, resting 60sec between sprints.

For power... WEIGHTED STAIR RUNS

Drive up a set of stairs (in a safe location) with a light barbell across your shoulders. Do this 4-5 times, resting for 3-5min between runs.

But to complement his power with pace and agility he also executes stick runs to condition his core, hips and glutes, while weighted stair runs put the finishing touches to his power. Incorporate these drills (above) into your training.



POWERPLATE SINGLE-LEG ROMANIAN DEADLIFT

SETS 3 TIME 30SEC EACH SIDE

Stand on your right leg on a PowerPlate. Bend at the waist, keeping your left leg straight, and bring your arms over your head so your body is parallel to the floor.

DUMBBELL HEEL RAISE

SETS 3 REPS 12

Stand holding a dumbbell in each hand with the front half of your foot on a raised platform. Slowly raise and lower your heels over the edge.

WEIGHTED RUSSIAN TWIST

SETS 3 REPS 8 EACH SIDE

Lie on a bench with a weight plate in your hands. Tuck your knees up so your feet are off the bench and slowly manoeuvre the plate from side to side.

around the main muscles so it's good for balance,' Whitlock says. Unusually, he also performs targeted weight-training drills to galvanise his body for landings and routines, saying, 'Weights help strengthen my ankles and core.' Max out your own gains with his routine (above).



THE PACE MERCHANT

Mark Wood

England pace bowler Mark Wood is pumped up and ready to blast away Australia with his 140km/h deliveries this summer - and unlike past generations of cricketers, he's not afraid of the gym. The 25-year-old amassed power and strength by, as he says, 'smashing myself along with the other fast bowlers' on four-week training camps, doing hamstring curls, leg presses, squats and cleans. Just as important are the England bowling unit's new recovery protocols: by running lengths and performing underwater lunges and squats in the pool, they harness hydrostatic pressure to boost circulation and reduce inflammation, so Wood is always primed for action.

THE FREESTYLER

James Woods

At 2013's freestyle ski world championships, Sheffield's James Woods surprised the established snowsports nations with a silver medal aged just 21. Woods uses smart nutrition plans to maintain his agile 67kg frame. 'Winter sports athletes travel a lot so they need an action plan for snacks,' says British Ski and Snowboard nutritionist Dr Graeme Close, who recommends protein-dense snacks such as nuts with Greek yogurt, tuna salad mixed with basmati rice, and turkey and avocado wholegrain wraps - ideal for the red run (or the red bus to work).



THE HEAVYWEIGHT

Anthony Joshua

Watford-born Anthony Joshua, the WBC international heavyweight champion, disregarded the standards and committed to achieving success on his own terms: no trash talk, no pre-fight publicity stunts and no ego blocking his path to new training methods. As well as speedball work, heavy bag sessions and Olympic lifts, the 25-year-old hones his agility and balance with stretching and mobility drills inspired by Bikram yoga (below) - not part of a typical boxer's armoury.



WARRIOR

REPS 3 TIME 30SEC

Lower into a deep lunge, with your rear foot pointed outwards at 90°. Raise your arms to the ceiling, stretching as high as you can.



COBRA

REPS 3 TIME 30SEC

Lie on your front with your palms against the floor. Push your body up, keeping your legs and hips on the ground, and tilt your chin upwards.



FOUR-LIMBED STAFF

REPS 3 TIME 30SEC

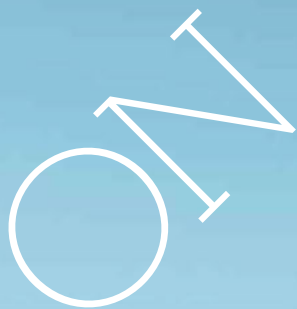
Start in a straight-arm plank then, keeping your arms by your sides, lower yourself until your body is below your elbow. Brace your core. □



WAR

How do you defeat obesity? Just telling people to eat less





FAT

and exercise more isn't working. MF finds the winning strategy >



The government, campaigners and the fitness industry are on the front line of the war against fat – but at the moment, they're losing. Despite our best efforts, people are getting fatter, with forecasts suggesting that three out of every four British men will be overweight or obese by 2030. *MF* consults doctors, nutritionists and trainers to find out what we can all do to halt the advancing flood and make Britain lean again. The fightback starts here...

STRATEGY #1 RECRUIT 'EM YOUNG

Remember what you learned about health at school? Don't worry, neither does anyone else. 'We need to focus far more on educating kids about healthy living,' says nutritionist Scott Baptie (foodforfitness.co.uk). 'When I was at school I learned how to make pineapple upside-down pudding in home economics – obviously I've never made one since. Kids would benefit far more from learning the basics: the macronutrients – protein, carbs and fat – and where to get them, how we digest food, the energy balance equation, what to eat before and after sport,

and how to cook practical, healthy meals.' Plus, of course, there's the physical side. 'The school day should include activity – every day,' says doctor and health campaigner Joseph Lightfoot (jplightfoot.com).

YOUR MISSION Did domestic science classes – if you even took them – leave you unprepared for the realities of fuelling a healthy life? Mercifully, technology has moved on. Use the My Macros+ app (getmymacros.com) to set your carb, protein and fat counts according to your goals, and Supercook (supercook.com) to search recipes by whatever's left in the fridge.



STRATEGY #2**WIN THE PROPAGANDA WAR**

Information overload is the enemy, and the men in charge aren't helping. 'The government has lost credibility with the consumer,' says nutrition expert and author Ben Coomber (bencoomer.com). 'The NHS Eatwell plate needs to be updated based on science, and health-related apps should be improved and promoted. If people can easily track their heart rate, blood pressure, calorie intake and stress levels, they can make informed decisions.'

It's not just the government that's behind the times - you should always be careful

who you listen to. 'I think those who dispense nutrition advice should be better regulated,' says Baptie. 'This would help cut the confusion and reduce the vast amount of misinformation and unscientific advice perpetuated by self-appointed gurus.'

YOUR MISSION If you've got the cash, the new Healbe GoBe (healbe.com) claims to be the first smartband that can track blood pressure, heart rate and calories consumed (by measuring glucose levels in your skin), letting you swap hearsay for hard science. Not an option? Swap the outdated Eatwell plate for the Samurai Diet, which has the

two advantages of being more glamorous and scientifically valid: unlimited colourful vegetables, protein at every meal and non-processed carbs before training.

STRATEGY #3**MANOEUVRE AROUND JUNK**

Junk food taxes have mixed results. France's surcharge on sugary soft drinks and New York's trans fat ban have seen reductions in consumption, but Denmark's tax on saturated fats introduced in 2011 was impractical, arguably misguided, and ditched after a year. Studies suggest that junk food would need to cost over 20%



more to reduce consumption, but is a price rise really the solution? 'Convenience food will never change,' says Coomber. 'A demand for it will always be there, so the best option is continue to work with supermarkets and restaurants to improve the healthy status of their meals. That way people will continue to have better options.' Taking sweets away from checkouts is a start, as is better labelling.

YOUR MISSION If society isn't going to take charge, you'll need to do it yourself. First, acknowledge that the 'within sight' effect is real: according to research from Cornell University in the US, keeping junk food close at hand measurably increases consumption, so hide the biscuits and keep a Granny Smith within reach at all times. Can't avoid the siren call of the snack aisle? Psychology researcher Nicole Mead advises adopting the internal phrase 'Not now, but later' to postpone temptation until you're out of the danger zone.

STRATEGY #4 **FIND ADVANTAGEOUS TERRAIN**

The government's Behavioural Insight Team - otherwise known as the 'Nudge Unit' - has already seen successes in getting people to pay for car tax and insulate their lofts using positive reinforcement and indirect suggestions to

achieve results. Can it work to curb biscuit consumption? Well, possibly. 'Making towns and cities more "active" so that walking somewhere or taking a bike is the quickest and easiest option, not an unsafe hassle, would help,' says Lightfoot. 'It's also possible to use everyday design to change activity behaviours - for example, hiding lifts while make the stairs obvious. If stairs and escalators are next to each other, the stairs won't get used.' Trainer Andy McKenzie (ironmacfitness.com) has a more inventive solution: 'All three major British TV soaps are centred around life happening in a pub. Can't we do something about that?'

YOUR MISSION While you're waiting for architects to join the struggle, programme your brain via If-Then thinking and automate good behaviour. 'Set up cues that prompt your planned behaviour,' says social psychologist Mark Conner of the University of Leeds. 'For instance, if I have to use an escalator, then I'll walk up it.' Bonus: this conserves willpower, so you have plenty left for turning down after-work pints.

STRATEGY #5 **OFFICER TRAINING**

You might feel like you're tied to your desk - but there are other options. 'Get rid of the "office desk" culture,' says Lightfoot. 'I'd like to see offices where you walk while having meetings, stand up to discuss ideas and have variety in workstations

so you avoid sitting all the time. Companies can also help employees become or stay healthy through discounts and incentives.'

YOUR MISSION Firstly, tell whoever's in charge that Steve Jobs and Mark Zuckerberg instituted walking meetings for a reason: according to a Stanford University study, they boost creativity by over 60%. If the powers that be still aren't going for it, take the initiative and stand up every 15 minutes to avoid your glutes shutting down, connective tissue tightening and circulation suffering. Sign up to habitforge.com, which will email you daily to check your progress.

STRATEGY #6 **WIN HEARTS AND MINDS**

Preaching isn't effective, or much fun for anyone. 'We need to inspire people on a bigger level - saying people need to eat healthier and move more isn't enough,' says Coomber. 'We need to find people's "Whys" - why should they move more? Why should they exercise? We need to release people's internal motivators to want to do this. Once people want to change, they will - but they need to be given that impetus.'

YOUR MISSION Don't resist habits - change them. A study from Duke University in the US found that 40% of participants' daily actions were the result not of conscious decisions but of ingrained habits. You haven't got the brain-space to make a decision on everything you do, so make your ingrained habits good ones, and you'll conserve your energy for lasting change. □





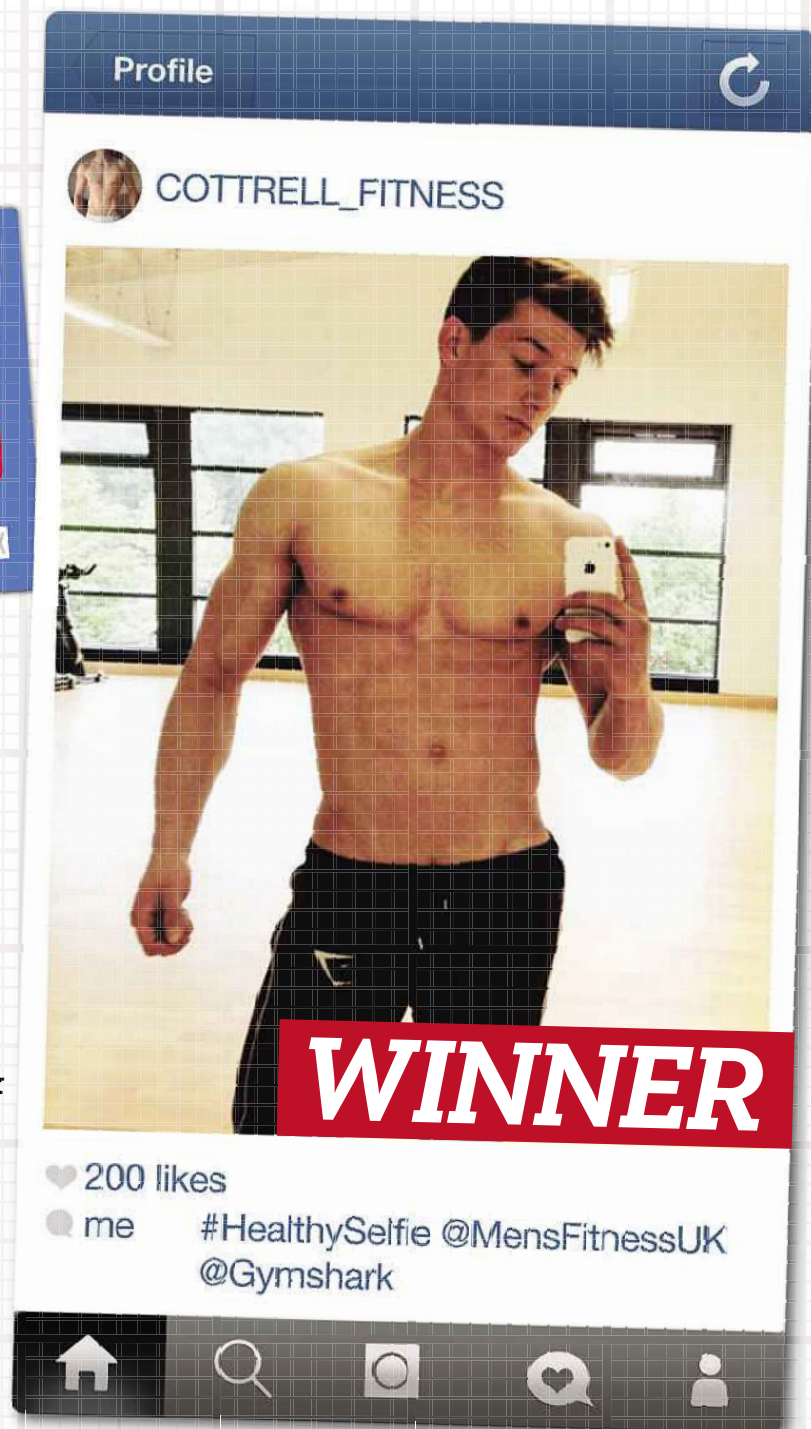
The Big Picture

Our #HealthySelfie competition winner epitomises the power of embracing your inner GymShark

Over six weeks we called on our passionate readers to send us their best #HealthySelfie of their toughest workout, favourite exercise or post-workout pump (thankfully all SFW). We had an incredibly positive response, so a huge thank you to everyone who entered, but there can only be one winner. The title goes to Charlie Cottrell.

'Charlie shows the gym doesn't have to be a place of punishment and self-sacrifice,' says Lewis Morgan of GymShark (gymshark.com). 'It can be a house of fun, a church of self-improvement and a home away from home where you can embrace your inner beast and unleash it in your workout.' We know our readers are tremendously dedicated and Charlie is just one of many examples we've seen with this competition of the enthusiasm you all apply in your training.

To help him kick on to the next level, Charlie wins £500 of GymShark clothing from the team, who met several entrants at the Body Power event in Birmingham in May. 'Thanks to everyone who supported us on the day,' says Morgan. 'Keep enjoying your training. The more you love it, the more you'll keep coming back for it.'



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merchandise coming soon



www.gymshark.com

INTRODUCING #TEAMSONY



MF's Joel Snape teams up with broadcaster and writer Rick Edwards, Saturdays singer Vanessa White and Amanda Khouv of Women's Fitness to tackle their first Tough Mudder race – with help from Sony's SmartWear

Taking on your first Tough Mudder can be a daunting task, no matter how fit you are. In addition to covering 19 mud-splattered kilometres on foot, you've got to get over, under, around and through some of the most physical, challenging and nerve-shredding obstacles

ever invented. But if there's one thing that sets Tough Mudder apart from every other obstacle course race, it's the overriding atmosphere of camaraderie that permeates it from start to finish, making it a uniquely enjoyable experience.

With this sense of team spirit firmly in mind, a group

of enthusiastic Tough Mudder novices including celebs and journalists have banded together – assisted by Sony – to help prepare for and eventually conquer their first ever obstacle course race. Once they were fully equipped with a selection of Sony tech, including the Xperia™ Z3

smartphone, the SmartWatch 3 and the SmartBand Talk – all of which will help them track their training and enhance their performance – #TeamSony was officially born.

Read on to meet the team and find out how Sony's SmartWear has been assisting the team's Tough Mudder preparations.

Visit mensfitness.co.uk/fitness-tehcnology for more Tough Mudder training advice and to find out how

NAME Joel Snape

AGE 36

OCCUPATION Acting editor,
Men's Fitness magazine

NORMAL TRAINING

Brazilian jiu jitsu

'I've been going for training jogs all over London to prepare for Tough Mudder, combining the music player and GPS system on my Xperia Z3 to get directions piped straight into my ears while I'm listening to Girl Talk's Coachella set,' says Snape.



NAME Vanessa White

AGE 25

OCCUPATION

The Saturdays singer

NORMAL TRAINING

Interval training

'Syncing my Xperia Z3 and SmartBand Talk via Sony's Lifelog app has allowed me to track my running by measuring how many steps I've taken, while also telling me how many calories I've burned - which is always good to know,' says White.



NAME Rick Edwards

AGE 36

OCCUPATION

Broadcaster and writer

NORMAL TRAINING

Five-a-side football

'I've been using my SmartWatch 3 and Xperia Z3 to monitor my running progress, using an app called RunKeeper,' says Edwards. 'That measures my mile splits, time distance and elevation, which is all crucial info for measuring my progress.'



NAME Amanda Khouv

AGE 28

OCCUPATION Fitness editor,
Women's Fitness magazine

NORMAL TRAINING

Muay Thai kickboxing

'Recruiting the SmartBand Talk as my personal trainer has helped ensure that I'm leading a much more active lifestyle outside of the gym,' says Khouv. 'It syncs with my Xperia Z3 via Sony's Lifelog app to measure my steps taken and calories burned, which really do add up.'



SONY

Brought to you in partnership with Sony, the official smartphone and SmartWear sponsor for Tough Mudder 2015

TECH SPEC

Here are just a few of the ways in which Sony's fitness tech is enhancing #TeamSony's Tough Mudder training

The Xperia™ Z3+ is Sony's brand-new flagship smartphone and makes for the perfect exercise companion - it has up to two days' battery life*, so it will see you through many a training session, and it also has outstanding waterproof design** so there's no problem if it starts chucking it down mid-run. It's also slimmer and lighter than the Xperia Z3 - plus it has an improved wide-angle camera, making it easier to fit the whole team in for your post-race selfie.

Having said that, with the SmartWatch 3 you can have the freedom to leave your phone behind if that's what you want to do. The SmartWatch 3's standalone functionality means you still have all the features you need right on your wrist. It can play your music, help map your routes and track every detail of your workout. Apps designed specifically for it such as



iFit let you see real-time stats as you're creating them.

The SmartBand Talk, meanwhile, is equipped with a built-in accelerometer and an altimeter sensor to track how far you've run, while also measuring the steps you take and calories you burn to give you a broader picture of your activity levels throughout the day.

Holding SmartWear together is Sony's Lifelog app, a hub for recording all

your activities to analyse, compare with friends - or in #TeamSony's case, teammates - and plan future sessions. There's nothing better for helping you stick to a training plan than seeing your progress clearly marked out ahead of you.

Not only can Sony's SmartWear help prepare you for Tough Mudder and its obstacles, it can also be a tool to help develop a fitter, healthier you.

For more information about the Sony Xperia Z3+ visit carphonewarehouse.com/z3plus



Sony fitness tech can help you achieve your goals

*Usage conditions apply. See www.sonymobile.com/testresults

**Waterproof to a depth of 1.5m for 30 minutes. No sea water or salt-water pools. Abuse and improper use will invalidate warranty. See www.sonymobile.com/durability

REBOOT YOUR BRAIN

The average computer takes almost four minutes to switch off and on again – more than enough time to do the same with your overworked cerebral cortex. Hit the reset switch and clean up your mental hard drive



1:05

DITCH THE NEURAL SEE-SAW

Your brain has two main modes of operation: 'task-positive', where your attention's focused, and 'task-negative', where you're daydreaming but more creative. Both are valuable, but see-sawing between them is mentally exhausting. To ease the process, switch off alerts. 'Knowing you have an unread email saps attentional resources because your brain keeps thinking about it,' says neuroscientist Daniel Levitin. 'To be more productive and creative, do your social networking during a designated time, not as a constant interruption.'



2:21

TAKE IN A MOVIE

TED conferences – those idea-spreading meet-ups popular on YouTube – can feature up to 90 talks over five days. 'It burns a muscle,' says curator Chris Anderson. 'A lot of conferences just keep pounding your analytical left brain.' To help attendees recharge, the organisers screen films between talks. The best is *Shake*, which you can see at vimeo.com/77111226.



0:40

EYE THE GREEN

Even if your office is mid-industrial wasteland, there's hope. An Australian study published in the journal *Environmental Psychology* found that interrupting a tedious, attention-demanding task with a 40-second 'microbreak' – in which one simply looks at a computerised image of something natural – improved focus as well as performance on the task. Head for reddit.com/r/natureporn (yes, it's SFW) for your daily fix.



0:30

GET NUTS

The biscuit tin is your enemy. Instead, refuel with trail mix – the phosphorus in dried fruits provides healthy sugars for a rapid boost, while seeds and nuts prevent insulin levels dropping, maintaining energy. Make your own using cashews, almonds, sunflower seeds and dried cranberries.



0:15

SIT BETTER

It's virtually impossible to sit for any length of time with good posture – and marathon desk sessions promote bad habits. Set a timer for regular intervals through the day and when it goes off, employ the Gokhale Method. Sit with your glutes 'behind' you, then roll your shoulders one at a time forward, up, back, and then down, keeping your torso upright but relaxed. You'll aid circulation and switch your glutes back on.

**'SIMPLY LOOKING
AT AN IMAGE
OF SOMETHING
NATURAL
IMPROVES
FOCUS'**

**2:15**
CARRY A TUNE

Music stimulates the brain's circuitry and enhances mental performance, while research also shows background music can help us at work by increasing our ability to think and solve creative problems. Baroque string quartets not your thing? Videogame music is designed to stimulate without ruining concentration, so start with the *Legend Of Zelda* theme and go from there.

**1:00**
TRICK YOUR BRAIN

If all else fails, just remember a time when you felt happy and energetic, and focus on why you felt that way. It's a neuro-linguistic programming shortcut to more focus and better productivity. ☐

A man with dark hair and a beard, wearing a black t-shirt and dark shorts, is lying on a gym bench. He is holding a black 10kg weight plate with both hands, positioned over his chest. The weight plate has '10KG' and 'RedMax' printed on it. In the background, another person is visible in a gym setting with green walls and various exercise equipment.

**BEACH
BODY**

PERFECT FORM

Ben Marum has six months to get his diet and training on track to get in the best shape of his life. Since teaming up with **OPTIMUM NUTRITION** and WBFF athlete Tim Chase, he's already starting to see results

Follow the
Upgraders at
[mensfitness.co.uk/
upgradeyourfitness](https://mensfitness.co.uk/upgradeyourfitness)

THE UPGRADER Ben Marum

It's not always easy to know if you're training 'right'. Ben Marum would always train hard, but workouts were often social affairs with chatting between sets that distracted from his sessions.

'I've always wanted to train to my full potential,' says Ben, who's teamed up with WBFF athlete Tim Chase to achieve his goals. 'The problem was I never quite knew how to take that next step.'

Two months into his Optimum Nutrition Upgrade programme Ben is already making huge strides, with Chase providing the consistency and expertise that was previously absent. The first goal of the programme was to create an achievable training and nutrition plan that Ben could stick to. 'In the gym I got Ben to focus on good technique, tempo and intensity throughout his workouts,' says Chase. 'We aimed to increase either the weight lifted or reps each week.'

Ben has already seen improvements to his strength. Whereas previously he would chase the biggest weight he could move, regardless of technique, he now understands

how important form is to progression. And it's working – Ben's already added 10cm to his chest.

Although the training is tough, Ben's biggest challenge has been the amount of food. 'I'm on 3,500 calories a day,' Ben says. 'That was originally split between eight meals. I'm a teacher, so I struggled to find the time.' Instead Ben has started eating four larger meals a day, which he says is much more manageable, along with convenient Optimum Nutrition supplements. 'Eating all this food is paying off,' he says. 'I started at 78kg and now I'm at 84kg.'

The hard work, structure and dedication to diet are pushing Ben closer to his goal of being in the best shape of his life. 'Ben has fully committed himself to the Upgrade Challenge,' says Chase. 'His strength has improved, his weight has increased and his calories are now higher than ever. This gives us the perfect platform to start Ben on his cut phase, to shift the excess body fat and create his beach body.'

● Follow the progress of all the Optimum Nutrition Upgraders at mensfitness.co.uk/upgradeyourfitness

BEACH PREP

Ben Marum's workouts have focused on building strength and power to get him ready for shedding fat towards the end of the programme. Here's a typical upper-body session

1 Decline barbell press

SETS 3 REPS 12-15 REST 45SEC

Lie on a bench set at a 45° angle, holding the bar with hands just wider than shoulder-width apart. Drive your feet hard into the floor and press the weight straight up powerfully, then lower slowly back to the start.

2A Incline dumbbell press

SETS 3 REPS 12-15 REST 45SEC

Lie on a bench set at a 45° angle, holding dumbbells beside your chest. Press them straight overhead, then lower slowly.

2B Incline dumbbell flye

SETS 3 REPS 12-15 REST 45SEC

Lie on a bench set at a 45° angle, holding dumbbells above your chest with your elbows slightly bent. Lower the weights outwards until you feel a stretch in your chest, then return to the start.

3 Barbell bent-over row

SETS 3 REPS 12-15 REST 45SEC

Holding a barbell with an overhand grip, bend your knees slightly and hinge forward from the hips, keeping your shoulders back throughout. Pull the weight up to your lower sternum, then lower slowly.

4A Wide-grip lat pull-down

SETS 3 REPS 12-15 REST 45SEC

Sit at the machine with your chest up, holding the bar with a wide grip, and pull it down to your chest. Return until your arms are fully extended.

4B Straight-arm pull-down

SETS 3 REPS 15-20 REST 45SEC

Grasp the high cable attachment with your arms slightly bent. Bend at the hip until your arms are by the sides of your head, then pull the cable down until your upper arms are by your sides.

BEST OF THE REST

Ben's fellow Optimum Nutrition Upgraders are making similar strides

FITNESS MODELLING

MATT BOTWRIGHT

After six weeks of his programme, trainer Shaun Stafford has already entered Matt into a fitness physique competition. As you might imagine, having a competition looming has been a serious motivator for Matt. That stimulation is vital because his reduced carbs have made tough sessions even harder. The upshot is that his body is already turning heads.



CROSSFIT

ALISTAIR MCGOVERN

Alistair's making real progress improving his lifting technique. Breaking key moves down into stages and working them individually has helped his snatch, overhead press and squat numbers to go up significantly. Meanwhile, the changes he's made to his diet are already having a visible impact on his physique - he's leaner around the midsection and carrying more upper-body muscle.



RUGBY

NIAL MOODY

Niall's mobility has come a long way since the start of training, and he's addressed years of on-field damage by working with foam rollers and resistance bands. As well as this he's been getting stronger, back squatting 140kg for four reps and benching 90kg for five sets of five. Niall has a few targets ahead of him, such as playing in a rugby sevens tournament in Reykjavik, before his focus shifts to the new season starting in September.



FIT FOOD

Sugary snacks are out and healthy fats are in, explains performance nutritionist Dr Crionna Tobin



'Ben's diet was low in nutrition and energy and high in refined sugar,' says Tobin. 'He also wasn't eating enough protein for someone his size and weight, which

is a major concern when your main goal is to achieve a beach body physique through gaining muscle mass and losing body fat. Cutting out the high-sugar foods and replacing them with nutritious snacks enables him to train harder and achieve his beach body physique faster.

'Ben's increased food intake includes more foods high in healthy fats such as full-fat dairy, nuts, seeds, nut butters, red meat, olive oil and avocados. Fat has more energy than either carbohydrate or protein and also provides the body with essential vitamins and minerals to support health.

'In order to support muscle growth Ben needed to increase his protein intake. It can be challenging to increase the protein content of some meals, particularly breakfast and snacks, so a scoop of Optimum Nutrition Gold Standard 100% Whey is an easy solution. Ben's also been adding Optimum Nutrition Creatine to his post-workout shake to enhance performance during repeated bursts of high-intensity exercise in the gym, which will improve his power. Finally he's been taking Optimum Nutrition Amino Energy to support energy and focus during tough training sessions.'



MensFitness



OPTIMUM NUTRITION



DAY 1
BACK AND
TRAPS

BACK IN ACTION

For extra lat activation as you pull, focus on pulling your elbows down and back, rather than pulling your body up.

THE RULES

BE SMOOTH Focus on a fluid motion for each repetition. Try to keep a loop going where you don't pause at the top or bottom of the exercise, but instead just flex the muscle that you're training.

REMEMBER TO BREATHE Unless otherwise stated, aim to exhale as you lift the weight and inhale as you lower it.

GO SLOW Just as breathing is important, so is the tempo (speed) of each repetition. Aim for a tempo of one to two seconds to lift and two to three seconds to lower, continuing to focus on the muscles you are training.

CHALLENGE YOURSELF Select a weight that allows you to only just complete the first number of reps shown. For exercises that have descending sets, aim to increase the weight but only by small increments - 10-15%, say.



4 SINGLE-ARM DUMBBELL ROW

SETS 2 REPS 12 EACH SIDE

Get into a tripod stance with your left hand and knee on a bench and your right leg wide. Hold a dumbbell in your right hand. With back straight and looking ahead, drive your right elbow up, pulling the dumbbell towards your hip. Lower under control. You should feel the right lat stretch before repeating the row. After 12 reps, rest for 30sec then switch arms.

HIGH TENSION

Sometimes, how you lift is more important than how much. Pro physique model Rob Riches explains how to use muscular tension for big results

Feeling the tension? You should be. It's easy enough to rep out curls like Ron Burgundy, but for real results your body needs more attention. 'Yes, overall resistance/weight is important,' says professional fitness model Rob Riches, the creator of this plan. 'But the emphasis you

place on flexing the muscle as you lift is just as important. Creating tension throughout the range of motion of the exercise, especially when the muscle is fully contracted, will let you maximise your gains.'

That means it's important to focus on each rep and think quality instead of quantity. 'This

workout gets results in four sessions a week,' says Riches. 'To make sure you're working the full spectrum of muscle fibres I have purposely included various exercises with higher repetitions than others. You'll limit the reliance on drop sets, negatives and forced reps, and instead focus on positive failure.

This not only allows you to train alone without the need for a spotter, but it allows time for the muscle to grow and the ligaments and tendons to heal.' In other words, focus on form and the results will follow. **Rob Riches is a pro fitness competitor, author and CEO of TruePerformanceNutrition.com**



1 CHIN-UP

SETS 4 REPS 10

Grasp a pull-up bar or rings with your hands just wider than shoulder-width apart and your palms facing forwards. Pull yourself up and attempt to bring your chin to the bar or level with your hands on the rings (getting your chin any higher will take away the muscular tension in your lats). Return to the start, keeping tension in your shoulders at the bottom of the move.



2 DEADLIFT

SETS 3 REPS 12, 10, 8

Stand with feet shoulder-width apart and shins touching the barbell. Push your hips back as you sit into a squat and grip the bar with an overhand grip, hands just wider than your stance. Keeping your back slightly arched, look forwards and stand, pushing through your legs. As you reach standing, pull your shoulders back. Reverse the movement under control.



3 BENT-OVER ROW

SETS 3 REPS 12, 10, 8

Stand holding a barbell and push your hips back, keeping your knees soft and flexing forward at the waist. Keeping your body in this position, drive your elbows up as you bring the bar to your sternum. Squeeze your shoulder blades together at the top and lower the bar under control until your arms are extended and your lats stretched out. Do not let the bar touch the floor.



5 SEATED ROW

SETS 3 REPS 15

Sit upright with a resistance band around your feet, with a slight arch in your lower back and knees soft. Pull the band towards the sides of your torso, leading with the elbows. Squeeze your lats so your shoulder blades close towards each other, then extend your arms as you allow the bands to shorten, and round off your shoulders, but try not to lose tension in the bands. Don't lean back when pulling the bands in.



6 STANDING DUMBBELL SHRUG

SETS 3 REPS 15, 12, 10

Stand up straight with your shoulders back and your chest out. Hold a dumbbell in each hand with your arms hanging straight at your sides, and shrug your shoulders up towards your ears without bending your elbows. This exercise is strictly an up-and-down movement - don't rotate your shoulders as you shrug.



7 UPRIGHT ROW

SETS 3 REPS 12

Stand holding a barbell with hands just narrower than shoulder width. Pull your shoulders back and pull the bar up to your chin, leading with your elbows and keeping them in alignment with the bar as you look forwards. Flex your traps and delts at the top, then lower the bar down the front of your body under control until your arms are straight. Don't rock back and forth.





DAY 2
LEGS AND
CALVES

FUTURE TENSE

Before each workout, spend three to five minutes lightly warming up the muscles that will be trained. To do this, perform 20 reps of each of the first two exercises using very light weights.

QUAD DAMAGE

Flexing your thigh muscles at the top of the split squat builds the VMO - otherwise known as the 'teardrop' on the front of your leg.



1 BACK SQUAT

SETS 3 REPS 12, 10, 8

Place the barbell across your back, resting it above your shoulder blades. Sit into a squat without pushing your knees forwards – imagine sitting on a chair behind you. Lean forwards slightly at the torso to balance the weight. Don't bounce the weight back up, but push through your legs as you stand. Keep your abs tensed as you lower, and exhale as you return to the start, where you should squeeze your quads for one second.



2 DUMBBELL LEG EXTENSION

SETS 3 REPS 15

Sit with your hamstrings and glutes on a bench, knees bent and feet on the floor. Hold a dumbbell between your feet and straighten your legs to raise the dumbbell so that your calves are parallel to the floor. Squeeze your quads hard for one second, then lower the dumbbell without resting it on the floor. Hold on to the side of the bench and keep your torso upright.



3 BULGARIAN SPLIT SQUAT

SETS 3 REPS 12 EACH SIDE

Stand with a bench behind you and a barbell on your upper back. Rest the top of one foot on the bench. Lower until your front thigh is parallel to the floor without your back knee touching the floor. Hold the stretch at the bottom, then push back up through your front leg, squeezing your quads at the top. Perform 12 reps, rest for 30 seconds, then repeat on the other leg.



4 LYING HAMSTRING CURL

SETS 3 REPS 15

Lie face down on a bench with your feet just off the edge. Hold a dumbbell between your feet and, holding on to the underside of the bench with your hands, raise it towards your glutes without lifting your thighs off the bench. Squeeze your hamstrings at the top, then lower the dumbbell slowly until your legs are fully extended.



5 HAMSTRING ROLL-OUT

SETS 2 REPS 15

This is tricky but very effective. Using heavy dumbbells, a barbell or a bench, kneel and place your heels underneath to secure your legs. Without flexing your torso, slowly lean forwards from your knees until you feel your hamstrings pull and lengthen. Catch yourself on your hands and repeat the move.



6 SINGLE-LEG CALF RAISE

SETS 3 REPS 20 EACH SIDE

Holding dumbbells, raise one foot off the floor. Then raise your other heel, squeezing your calf muscle at the top. Lower without letting your heel touch the floor. If you reach failure before 20 reps, do the remaining reps without weight. Perform 20 reps, rest for 30sec and repeat on the other leg.



7 SEATED CALF RAISE

SETS 3 REPS 20

Sit on a bench with a weight plate across your knees. Push up on the balls of your feet to raise your heels as high as possible and squeeze your calves at the top of the movement. Then lower your heels without letting them touch the floor. Keep your toes pointing forwards throughout but roll the ball of your foot slightly inwards for the second set and slightly outwards for the final set.

A full-page photograph of a muscular Black man from the waist up, shirtless, holding a large black dumbbell with his right arm. He is looking directly at the camera with a serious expression. The background is a solid dark blue. There are two white circular callouts with thin white lines pointing to specific muscles. One callout points to the pectoral muscles on the man's chest, and the other points to the deltoid muscles on his right shoulder. The lighting is dramatic, highlighting the man's muscle definition.

DAY 3
CHEST AND
SHOULDERS

PECCING
ORDER

Flexing your pecs
in the mirror isn't
just vanity - it'll help
you to switch on
the muscle during
training sessions.
Practice makes
perfect...



1 INCLINE BARBELL CHEST PRESS

SETS 3 REPS 12, 10, 8

Set the bench at an incline (no higher than 45°) and hold a barbell with hands slightly wider than shoulder width above your upper chest, without locking out your elbows. Lower the bar towards your collar bone without allowing it to touch your chest. As you extend your arms to push the bar up again, squeeze your chest muscles. Don't lock out your elbows because this can remove tension from your chest muscles.



2 INCLINE DUMBBELL PRESS

SETS 3 REPS 15, 12, 10

Perform this in much the same way as the incline barbell chest press, except that you can lower the dumbbells to either side of your chest, allowing for a greater range of motion. Control the weights and squeeze your chest muscles as you push them up without locking out your elbows. Do not touch the weights together at the top because this will relieve the muscle of maximum tension.



3 BENCH PRESS

SETS 3 REPS 12, 10, 8

Grip the bar using an overhand grip with your thumbs wrapped around the bar, hands slightly wider than shoulder-width apart. Start with the bar directly over your chest with arms straight. Slowly lower the bar down to just above the centre of your chest, pausing before it touches your chest. Exhale and push the bar upwards as you squeeze your chest muscles, flexing hard at the top of each rep. Again, don't lock out your elbows.



4 BENCH DUMBBELL FLYE

SETS 3 REPS 15

Lie flat on a bench and hold two dumbbells over your chest, palms facing each other. Keeping a slight bend in your elbows, inhale and open your arms outwards, leading with the elbows. Pause when you feel a strong stretch in your chest. Exhale and squeeze your chest muscles to close your arms together again. Your elbows should not change angle, nor should the dumbbells touch at the top. This will keep maximum tension on the chest.



5 DUMBBELL PULL-OVER

SETS 2 REPS 12

Lie on a bench with feet flat on the floor. With your hands making a diamond shape, hold the underside of a dumbbell plate and extend your arms straight over your chest. With a slight bend in your elbows, inhale and lower the dumbbell behind your head, keeping your wrists fluid so the dumbbell remains vertical. Stop when you feel a stretch in your chest, then exhale as you slowly pull the weight back to the start while squeezing your chest muscles.



6 SEATED DUMBBELL OVERHEAD PRESS

SETS 3 REPS 12, 10, 8

Sit tall on an upright bench holding a dumbbell in each hand by your shoulders with your palms facing forwards. Extend your arms above your head, then slowly lower to the start, keeping your elbows in alignment out to the sides. Squeeze your shoulders on the upward movement and flex your deltoids hard at the top. Don't touch the weights together at the top of the movement because this relieves tension at the shoulder.



7A BENT-OVER DUMBBELL FLYE

SETS 3 REPS 12

Hold dumbbells in each hand at arm's length below your chest, with your palms facing and elbows slightly bent. Raise the dumbbells outwards (leading with your elbows) until your arms are parallel to the floor. Pause briefly at the top and squeeze your rear deltoids - the small muscles in the backs of your shoulders. Slowly lower the dumbbells back to the start position without bending your elbows or letting the weights touch at the bottom. Superset this move with 7B.



7B STANDING BARBELL FRONT RAISE

SETS 3 REPS 12

Hold a barbell with a shoulder-width, overhand grip. Standing straight up and looking forwards, raise the bar forwards until your arms are parallel to the floor. Pause and squeeze the muscles in the fronts of your shoulders. Slowly return to the start without bending your arms, stopping just before the bar touches your thighs. Don't bounce the weight up - select a weight that you can comfortably raise and lower.

PAST TENSE

After each workout, spend at least five minutes stretching the muscles worked. Hold each stretch for 20 seconds, easing into it and increasing the stretch within that time.



DAY 4
ARMS

**MUST TRI
HARDER**

The days of endless triceps extensions are over. Flex your tris at the low point of each curl to get more work done, faster.



1 SEATED DUMBBELL CURL

SETS 3 REPS 12, 10, 8

Sit upright on a bench holding dumbbells at your sides with palms facing forwards. Curl both dumbbells simultaneously up towards your shoulders, allowing your elbows to pull slightly forwards at the top, and flex your biceps hard. Slowly lower the dumbbells back to your sides, but don't let them hang freely. There should be a slight bend at the elbow and tension still in the biceps.



2 BENT-OVER DUMBBELL CONCENTRATION CURL

SETS 3 REPS 12 EACH SIDE

Get into a bent-over flye position but with only one dumbbell, and the other hand on your knee. Curl the dumbbell up towards the opposite shoulder, keeping your upper arm vertical. Squeeze the biceps hard at the top, then lower under control until your arm is straight. Perform 12 reps, then rest for 30 seconds and repeat with the other arm.



3 STANDING BARBELL CURL

SETS 3 REPS 12, 10, 8

Stand upright, holding a barbell with a shoulder-width underhand grip. Curl the barbell up towards your chest, allowing your elbows to pull forwards slightly at the top. Don't allow the bar to touch your chest, but squeeze the biceps hard. Lower the bar slowly, stopping just before it touches your thighs so as to keep tension in the biceps.



4 SEATED TRICEPS EXTENSION

SETS 3 REPS 12, 10, 8 EACH SIDE

Sit on a bench holding a dumbbell straight above you. Keeping your upper arm vertical, bend at the elbow to lower the dumbbell to just behind your head. You should feel a deep stretch in the back of your arm. Extend your elbow and squeeze your triceps to pull the dumbbell back up. Don't lock your elbow out at the top of the movement because this will reduce maximum tension in the triceps.



5 BENCH TRICEPS DIP

SETS 3 REPS 12

Position yourself in front of a bench so your hands are supporting you and your legs are straight. Bend your elbows to lower yourself until your upper arms are parallel to the floor. Squeeze your triceps to raise yourself again, straightening your arms but not locking out your elbows. Keep a slight bend in your knees. Make this harder by placing your heels on a second bench placed parallel to the first, and by placing weights on your lap to increase resistance.



6 SINGLE-ARM DUMBBELL KICKBACK

SETS 2 REPS 12 EACH SIDE

Stand in a split stance with your weight forward, one hand on your front knee for support. Hold a dumbbell with the other hand and bend your elbow to lift until your elbow is bent at 90°. Keeping your palm facing inwards, flex your elbow and raise the dumbbell behind you until it's level with your upper arm, all the time squeezing your triceps. Lower without moving your upper arm. Complete 12 reps, rest for 30 seconds, then repeat with the other arm.



7A SEATED BARBELL WRIST CURL

SETS 3 REPS 15

Kneel with your forearms resting on a bench, palms facing upwards, holding a barbell just in front of the bench. Open your fingers so the bar rolls forwards and your wrists fully extend until you feel a deep stretch in your forearms. Close your grip and flex the wrists to curl the bar up and towards you while you squeeze your forearms. Superset this move with 7B.



7B SINGLE-ARM REVERSE DUMBBELL WRIST CURL

SETS 3 REPS 15 EACH SIDE

Sit on a bench with one forearm resting on it holding a dumbbell with palm facing down. Flex your wrist to curl the dumbbell up, pause and squeeze your forearm hard. Then extend your wrists all the way down, lowering the dumbbell as you feel a stretch in your forearm. Complete 15 reps, rest 30 seconds then repeat for with other arm. ▣



SOUP'S ON

Shop-bought soups are filled with sugar. Make your own with a blender that also sautés and cooks. Or whizz coriander leaves, peanuts, onions, chillies and lemon juice for a mineral-rich chutney.

Cuisinart soup maker

£140 cuisinart.co.uk



GRATER GOOD

Ginger is amazing, chopping it less so. Use this photo-etched grater to finely shave or slice the fresh stuff without tearing it, and benefit from improved circulation and heightened immunity.

Cuisipro SGT V-shaped grater

£25 culinacookshop.com



DRYING TONIGHT

Jerky and dried fruit are often packed with sugar and nasty additives, cancelling out their health benefits as a convenient snack. The answer? Get a budget dehydrator and make your own.

Vida food dehydrator

£30 vida-appliances.com

DEFINED

You can do better than chicken and broccoli - and thanks to the latest in
Feast your eyes on this year's most cutting-edge



ESPRESSO YOURSELF

Your pre-workout nutrition strategy should include coffee - it's an ergogenic and accelerates fat loss. Do away with the grains via this dual-filter cafetière, which also keeps it hotter for longer.

Dualit Dual-Filter cafetière

£50 dualit.com



COLD COMFORT

In modern juicing, the key word is 'slow'. Pulping your fruit without friction or heat keeps enzymes, nutrients and vitamins intact. This entry-level option presses slow - but works fast.

BioChef Synergy Slow juicer

£200 amazon.co.uk



SLOW DOWN

For the time-strapped man, a slow cooker is a must-have - it'll let you come home to hot food, while it's perfect for stewing bone-in meat, which lets you get the most nutrients.

Crock-Pot 3.5L slow cooker

£17.31 homebase.co.uk



GET TART

When life gives you lemons, use the citrus zinger. You can extract all that healthy vitamin C from citrus fruits, and put them straight into your water - also giving it an insulin spike-blunting kick.

Zing Anything citrus zinger

£15 iwantoneofthose.com



CUTTING EDGE

The Shun Sora is hefty enough for heavy-duty chopping, but has a serrated edge for slicing steak and a rounded tip for spreading. It's laser-crafted, but refers to traditional Japanese sword design.

Shun Sora Ultimate utility knife

£55 chefscatalog.com



CRUSHING IT

You should eat garlic with everything - it boosts immune function and improves cholesterol. Use this rocker to break up cloves quickly and easily - it's also easier to wash than a traditional press.

Joseph Joseph garlic rocker

£11 josephjoseph.com

**BOILER ALERT**

If camping with no electronic devices sounds like torture, this portable stove uses thermoelectric energy from boiling water to charge your phone so you can check Twitter with your morning brew.

Kettlecharge charger

£160 whitbyandco.co.uk

**FLAME ON**

It's not just for crème brûlée – a mini blowtorch lets you sear fish, put a caramelised crust on meat or blanch peppers for easy peeling. It'll also heat knives to chop frozen foods more easily.

Master Class Cook's blowtorch

£22 amazon.co.uk

**STEAM WORK**

Ready for a prep talk? You should be steaming your veg to lock in nutrients. Get it all done in one go with this triple-tier monster that's still comfortably on the affordable side.

Russell Hobbs 21140 Three Tier steamer

£22.50 amazon.co.uk

DINING

culinary technology, you don't even need to go the full Blumenthal.
kitchen gear, and get ready to chow down

**BLEND OFF**

Sauce in jars is usually packed with preservatives. Whizz up your own home-made mayo and hollandaise with the Infiny Force, which has 20 speed settings and an 'emulsify' option.

Tefal Infiny Force blender

£45 debenhams.com

**MIX MASTER**

The new breed of food processor does more than just make burgers slightly less fiddly. This one also kneads, juliennes and smashes ice together. Well worth the counter space.

MagiMix 3200XL BlenderMix processor

£240 johnlewis.com

**TWIST AGAIN**

Spiralising sounds like infomercial mumbo-jumbo, but it's actually the Paleo-friendly way to whip up healthy noodles or fries from veg. This entry-level model's BPA-free and easy to use.

Hemsley + Hemsley spiraliser

£30 amazon.co.uk

**BETTER OFF RED**

Wine's an acceptable tippie – if only for the anti-ageing resveratrol. This filter prevents cork and sediment from besmirching your vino while improving the flavour through better aeration.

Conran Wine filter and pourer

£32 conranshop.co.uk

**SCALE IT BACK**

Working in pinches and handfuls is fine – unless you're cooking up protein-based treats, where every gram matters. Keep on top of things with an easily-stored digital scale, and watch the kilos fall off.

VonShef High Quality digital scale

£8 amazon.co.uk

**GRIND AWAY**

For the man who makes his own curry paste – you'll never go back – a decent grinder will save hours. This one makes a fine job of the toughest nuts and spices.

Cuisinart SG20U grinder

£50 amazon.co.uk

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


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
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P102 MF TRIES THE SLOW CARB DIET **P104** HIT YOUR FIVE A DAY IN ONE GO **P108** SPICY FAT-LOSS LATTE



Forbidding fruit

Healthy snacks can prevent you from being seduced by supermarket sirens

If your weekly 'big shop' is often derailed by the pastry-scented lure of the baked goods aisle, then an apple a day might do more than just keep the doctor away. According to a study published in the journal *Psychology And Marketing*, people who ate an apple before shopping bought 28% more fruit and vegetables than those who ate a cookie, and 25% more than those who ate nothing. The researchers concluded that a healthy snack put the shoppers in a healthier mindset, which steered them towards making better choices. And when the self-service checkout sends your stress hormone levels rocketing, extra fibre-rich fruit and veg can help with that too.

Fat-burning pizza

Lose the dough, pile on the veg and indulge yourself

So tempting, so satisfying, so loaded with blood sugar-spiking carbs and trans fat-rich processed meat and cheese... is it really possible to make a healthy pizza? Yes, if you get creative with your base ingredients and choose fresh, nutrient-rich toppings - Papa John might not approve, but you'll end up with something you can happily wolf down guilt-free. *MF*'s upgraded pizza recipe, provided by Michelin-starred chef Adam Gray, has a low-GI sweet potato base packed with filling fibre and is topped with bone-strengthening mozzarella and chromium-rich broccoli.

This is the real upper crust.

Adam Gray is executive chef at Skylon in London (skylon-restaurant.co.uk)

PREP TIME
10 minutes
COOKING TIME
20 minutes

per portion

CALORIES	PROTEIN	CARBS	FAT
320	10g	21g	21g

INGREDIENTS (SERVES 4)

300g sweet potato, peeled / 1tsp smoked paprika / 1tsp ground coriander / 2 garlic cloves, peeled and finely chopped / ½tsp cayenne pepper / 1 red onion, peeled and finely chopped / 2 egg yolks / Salt and pepper, to taste / 50ml rapeseed oil / 50g baby spinach leaves, washed / 100g tenderstem broccoli, blanched / 100g mozzarella, torn into bite-sized pieces

TO MAKE

- Heat the rapeseed oil in a large frying pan over a medium heat. Preheat the oven to 180°C/gas mark 4.
- Cut the sweet potato into noodle-shaped strips using a Julienne peeler or a spiraliser. Add the sweet potato, red onion and garlic to the pan and cook, stirring, until the potato and garlic have softened.
- Place the sweet potato mixture in a bowl and add the egg yolks, cayenne pepper, ground coriander, smoked paprika, salt and pepper and mix thoroughly.
- Place the mixture into a shallow 25-30cm oven-proof frying pan, pressing down with your fingers to compress the mixture into a base.
- Cook over a medium heat for four minutes, then flip over and sprinkle the mozzarella liberally over the base, leaving a 2cm perimeter around the edge. Spread the broccoli and spinach evenly on top.
- Place the pan in the oven for two to three minutes or until the cheese is fully melted, then remove, slice and serve.

EXPERT UPGRADES

Add these for bonus health benefits

OLIVES 'Topping your pizza with olives will boost your metabolism so you burn more fat,' says functional medicine consultant and personal trainer Aaron Deere kxlife.co.uk

CAULIFLOWER AND PARMESAN 'Add fibre by sprinkling grated cauliflower and parmesan over your pizza,' says performance nutritionist Nick Morgan awordonnutrition.com

CHILLI 'As well as adding spice, diced chillis will provide capsaicin to kick-start your metabolism,' says sports scientist Laurent Bannock guruperformance.com

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Philips Viva Airfryer
£110 currys.co.uk

Avoiding the greasy lure of chips can be tricky for even the most dedicated gym-goer. The solution? Invest in an air fryer such as the Viva from Philips, which uses 'rapid air' technology to blast food with hot air, sealing the outside and crisping it up to give it a 'fried' finish without having to drench it in calorie-dense oil. You can also set it to bake, roast and grill food using just 1tsp of oil per 800g of food. Bonus benefit: the lack of oil ensures cooking is virtually odourless - handy for anyone who's ever had to fumigate their entire home after a frying session.

BEST IN TEST



Tefal ActiFry

£150 argos.co.uk

This futuristic-looking fryer requires just 10ml of oil to prepare 1.2kg of food, and makes it easy to keep an eye on your dinner with a transparent lid.



Breville Halo+ Health

£120 breville.co.uk

A tilting function in this fryer keeps your chips constantly moving to ensure they cook evenly. It also has presets for sautéing, baking and roasting.



VonShef Turbo

£65 amazon.co.uk

This great-value air fryer has seven programmed presets for convenience and comes with a set of useful accessories including tongs and a baking cage.



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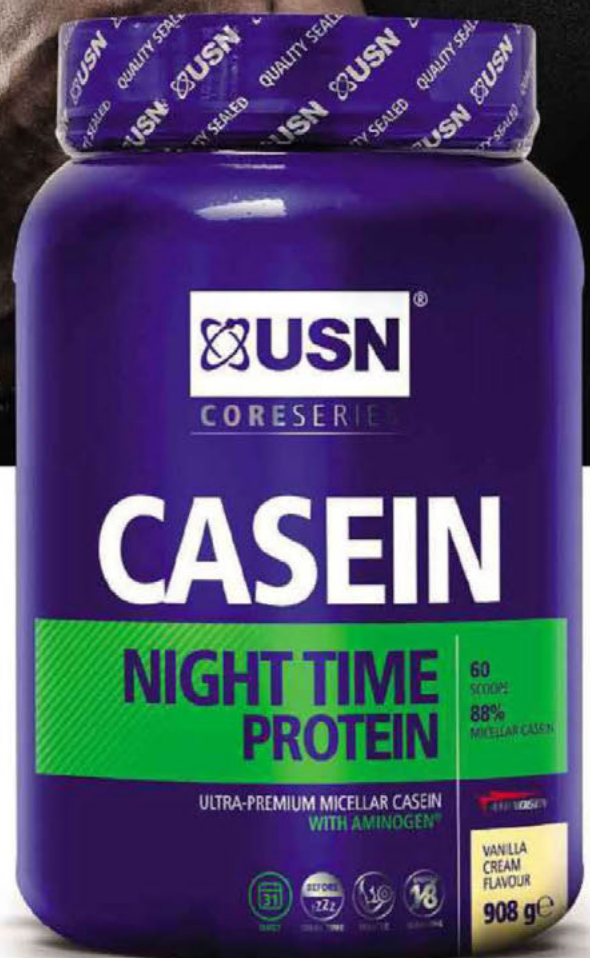
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SAY YES TO... COURGETTE

Never thought of courgette as an exciting vegetable? Well, in 2010 a woman in Montana fought off a bear using a courgette from her garden - try doing that with kale or tenderstem broccoli. And while you're unlikely to put it to such use, you can use the low-GI summer squash as an alternative to stodgy grains and potatoes. It's packed with immunity-boosting vitamins A and C, as well as carotenoids that help protect your eyes so you can see large predators coming.

COURGETTE BY NUMBERS

21 One medium courgette contains 21% of your RDA of vitamin C

42 150g provides 42% of your vitamin B6 RDA

34 The percentage of your manganese RDA provided by two medium courgettes



A QUESTION OF TASTE Three ways to love courgette

COURGETTE AND BANANA LOAF

INGREDIENTS
2 large courgettes, grated / 3 bananas, mashed / 3tbsp coconut oil, melted / 150g self-raising flour / 50g ground flaxseeds / 1tsp bicarbonate of soda / 50g pumpkin seeds (plus extra for decoration) / 50g dried fruit

TO MAKE

Mix all your ingredients together, adding a little more flour if the mixture seems too runny. Tip into a greased loaf tin, sprinkle the extra seeds on the top and bake at 180°C for 50 minutes or till the top turns crisp. Allow to cool, then eat with a smear of nut butter.

RECIPE FROM tophatcatering.co.uk



COURGETTE FRIES

INGREDIENTS (SERVES 1)
1 courgette / 100ml milk / 2tbsp chickpea flour / 1tbsp olive oil

TO MAKE

Cut the courgettes into chip-shaped chunks. Soak them in milk for 30 minutes, then dry them using kitchen paper. Roll them in the chickpea flour and then fry them in the oil over a medium-high heat for four minutes.

RECIPE FROM lortolan.com



COURGETTE SPAGHETTI

INGREDIENTS (SERVES 2)
2 courgettes / 10 shiitake mushrooms, sliced / 12 brazil nuts / 2 avocados / 2tbsp olive oil / Juice of ½ a lime / Pinch of salt / Parsley, cassava flour and grated parmesan, to taste

TO MAKE

Make the courgette spaghetti using a julienne peeler, then set aside. Cook the mushrooms over a low heat for four minutes. Blend the nuts in a food processor until creamy. Add the avocados, oil, lime juice and salt and blend again, adding water gradually to produce the desired consistency. Add the sauce and spaghetti to the mushrooms and cook gently for two minutes. Serve sprinkled with parmesan, cassava flour and parsley.

RECIPE FROM vivabrazilrestaurants.com



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MAKING THE CUT

Upgrade your meat-preparation skills and you'll keep your all-important protein intake rich, varied and interesting. MF guides you through the basics of butchery

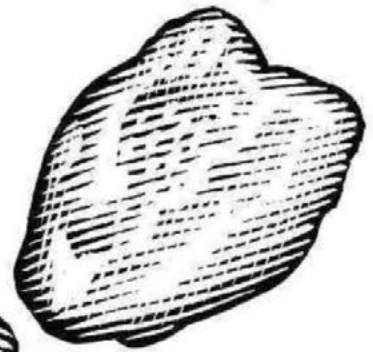


JOINT VENTURE

You've got your chicken in front of you. Now what? Nathan Mills from The Butchery (thebutcheryltd.com) explains how to break it down into its main parts. This works for all birds, so you can join in if you've gone off-piste and bought wood pigeon

1. WINGS

'Lay the chicken down on its breast so the backbone is towards the ceiling,' says Mills. 'If you hold the wings with your thumb on top, you can feel where the joint is with your fingers. Guide the knife into that joint and slip it through without taking too much breast meat off underneath.'

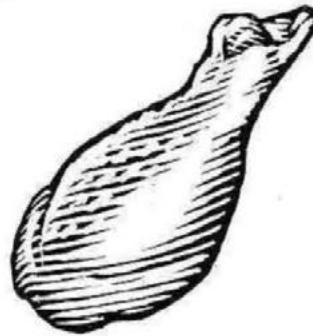


3. BREAST

'Turn the chicken round so the wishbone is towards you and make a slight nick at the end of the carcass, allowing you to peel back the skin to create a skinless chicken breast,' says Mills. 'Then use your thumb as a guide to massage up the central column of the breastbone. Hold your knife as if you were pointing, so it becomes an extension of your finger, and score lines down either side of that central column until you hit the wishbone. Gently fold the meat away from the bone, using the tip of your knife to help.'

2. LEGS

'Turn the chicken so it's breast-up, with the legs pointing at you,' says Mills. 'A piece of skin holds the leg to the body. Guide your knife along this and the legs will open easily. Then grab the legs with your thumb on top and your fingers under the chicken and apply pressure with your thumbs to pop the hip joint out. Once you've done that you can just slide your knife in between each one.'



ARMED TO THE TEETH

Put that sad-looking knife away and get yourself properly equipped for butchery

BONING KNIFE

A knife is your first port of call for butchery. While cleavers and hand saws are needed for breaking through bone, the small boning knife is the most vital implement. The small sharp blade passes smoothly along bone to remove cuts of meat cleanly. Wüsthof Classic Boning Knife £48 amazon.co.uk



BUTCHER'S TWINE

'This is designed not to burn in the oven,' says Mills. Use it to tie a joint together, which helps it keep its shape and ensures the meat cooks evenly. Butcher's twine is preferable to normal twine because it's free of chemicals that might contaminate your food. Non-Elasticated Machine Twine £8.95 butchers-sundries.com



CLEAVER

It won't saw through a tibia but a cleaver makes short work of sinews and thin bones. It isn't very sharp – a sharp blade would buckle – but a combination of weight, design and skill (you wield it like a hammer) makes it effective. V Sabatier Cleaver £35 connaughtonline.co.uk



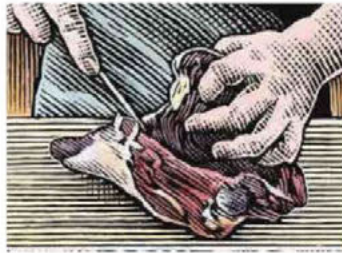
BONING UP

Tim Wilson, founder and owner of The Ginger Pig (thegingerpig.co.uk), gives a step-by-step guide to deboning and butterflying a leg of lamb



'Place the lamb leg - meatier side down - on a large chopping board or block,' says Wilson.

'Use your fingers to locate the bone and carefully cut vertically all the way along the length of the leg right down to the bone.'



'With a boning knife, cut around the bone and scrape the meat away from the bone as closely as possible - you don't want to waste anything.'

'Continue to work your knife around and eventually you'll be able to lift the bone free.'



'With the lamb skin-side down, slice horizontally into any thicker parts and fold out to even the thickness. Don't cut through.'

'Cut away excess fat and sinew, lay clingfilm over the meat and bash with a rolling pin to flatten slightly. It should be of an even thickness throughout.'

SHARP PRACTICE

Keep your blades keen with a sharpening steel

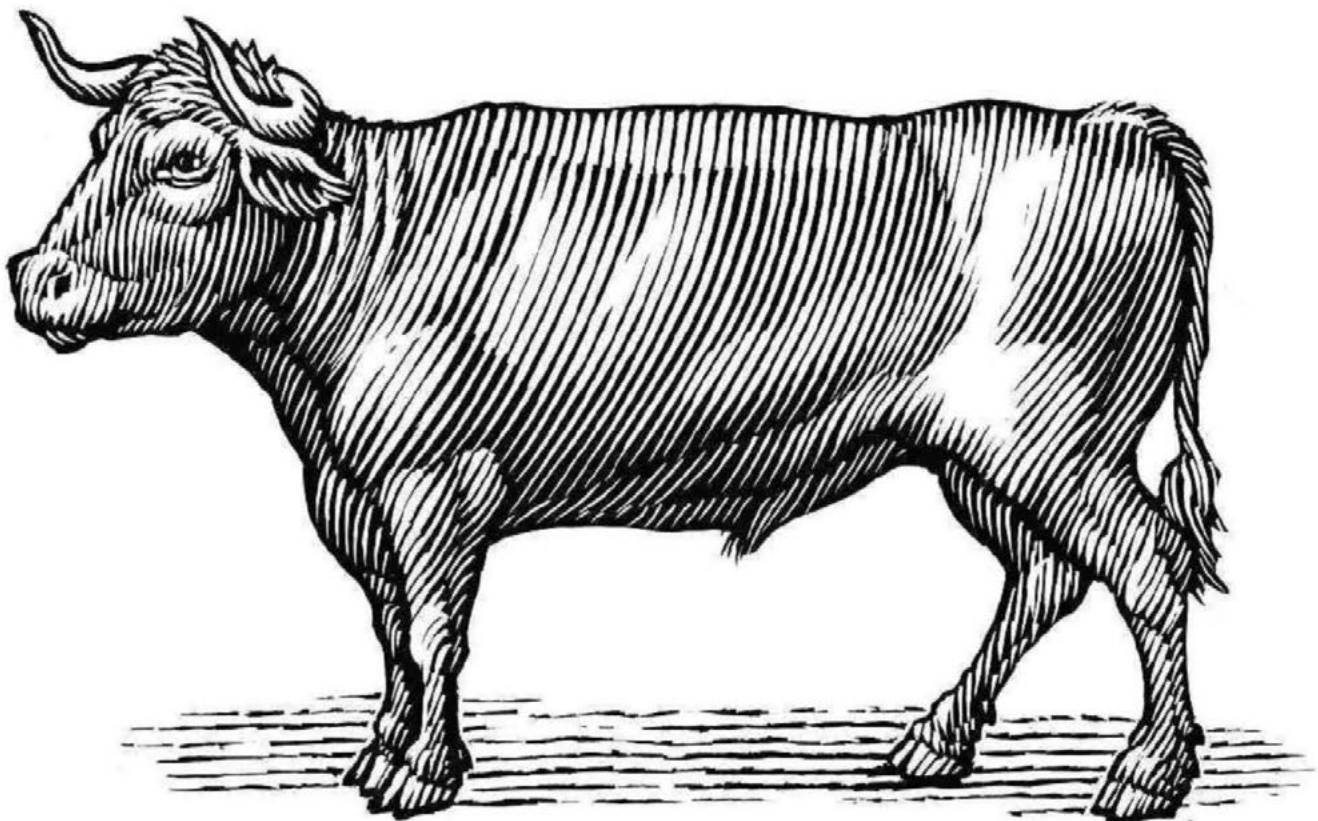
Place the edge of the knife nearest the handle against the sharpening steel and slide it downwards in a gentle motion so the full length of the blade passes against it. Don't press too hard against the steel.



Sharpening at around 20° gives a good compromise between sharpness and durability.

WHAT'S YOUR BEEF?

There's a lot of meat on a cow and different recipes call for different cuts. The Ginger Pig's Tim Wilson explains how to get the best out of your beef



FORE END CUTS

'Meat from the front of the cow is tastier because most of the cow's movement takes place at the front,' says Wilson. This increases the bulk, while fat marbles through the joints. 'These cuts need to be cooked long and slow to break down the tissue, and the extra fat keeps it moist,' says Wilson. 'They're usually the cheapest cuts but they deliver deep, rich flavours.'

MIDDLE CUTS

'The middle of the cow offers great-quality meat in the upper part of the body - think T-bone and tenderloin - as well as great-value flank, which can be barbecued or used in pies,' says Wilson. 'These lesser-worked muscles deliver a finer, more delicate flavour and texture that requires far lighter cooking.'

HIND END CUTS

'The rear of the cow has less fat running through the meat. This part produces what I consider the finest steak, rump, and good joints for pot-roasting or roasting,' says Wilson. 'Because of the lack of fat, these cuts need moisture or barding - wrapping with thinly sliced pork fat or streaky bacon - while cooking.'



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KEYS TO SUCCESS

Deke attributes his impressive physique to structured training, pinpoint nutrition and a well-balanced schedule

1. SPLIT YOUR TRAINING

'I train six days a week, using a bodybuilding-style body part split,' Deke says. 'Typically I train my back on Monday, my abs and shoulders on Tuesday, my chest on Wednesday. Thursday would be legs and Friday would be arms, then on Saturday I'll do an all-round touch-up day. I take Sunday off as a rest day. I tend to use a lot of supersets and drop sets to help get as much volume into my workouts as possible. For some people doing four sets of 12 reps for every exercise would be plenty, but for me it's just not enough.'

2. NAIL YOUR NUTRITION

'I'd guess around 80% of the results I've had are due to my nutrition – it's definitely the most important thing. Understanding the science behind how your body uses carbs and fat and protein is crucial. You can train as hard as you like, but if your diet's not on point, you won't get anywhere. Keeping your intake of sugar and unhealthy fats down and eating plenty of protein is a great place to start, then you need to adjust your carb intake – either increasing it if you want to build muscle or lowering it if you're trying to burn fat. Salmon with sweet potato and steak with brown rice are some of my favourite meals.'

3. FIND THE RIGHT BALANCE

'I work a full-time nine-to-five sales job and I'm also a musician – I do alternative R&B fused with a bit of hip-hop – plus I'm a family man with a partner, a two-year-old son and a daughter on the way, so finding the time to train requires organisation and discipline! To make things easier I try to do my workouts first thing in the morning. Now that I'm a Protein Dynamix™ ambassador I'm looking forward to doing more fitness modelling too, so things are only going to get busier, but my aim is always to find a healthy balance with everything in life.'

When it comes to supplements, it pays to invest in the best, but knowing which products to choose can be tricky. To make things simple, Protein Dynamix™ has had its 'Best in Class' products tested against other leading brands, and these can now officially be named as the 'Best in the UK'. Standout products from the range include DynaPro™ Anytime, which contains more protein than any other blend in the UK, and DynaBar™, which has been officially voted the UK's best-tasting protein bar.

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More than a thousand men applied over an epic three days, but in the end, there could only be one winner: Deke Walker from Enfield in London. The quest to find the next Protein Dynamix™ ambassador at the BodyPower 2015 expo saw some of the best amateur physique athletes in Britain showing off their impressive bodies, but Deke's passion and determination to inspire his friends and family with his dedication to training saw him emerge triumphant. A committed family man with a full-time job and a promising music career, Deke proved that you don't have to work in the fitness industry or be a PT to get a body fit to grace the pages of *Men's Fitness*.

Class act

Having won the competition, Deke will now become part of a growing team of Protein Dynamix™ ambassadors who promote the brand's 'Best in Class' range and demonstrate its values at events and in advertisements and other marketing opportunities. He will also receive a fully-fledged sponsorship, which includes a free supply of Protein Dynamix™ supplements to help him maintain and even improve his already outstanding physique.



Every month for a year, nutritionist Drew Price follows a different nutrition strategy. This issue...

The Slow Carb Diet

THE DIET

The Slow Carb Diet involves taking bites of bread and chewing each mouthful 200 times before swallowing. Just kidding - it's a diet developed by author and lifestyle guru Tim Ferriss (originally featured in his book *The 4-Hour Body*) and based around five simple eating rules that combine what he thinks are the most effective evidence-based fat-loss principles.

THE CLAIM

The most up-to-date version of the diet, which you can find on Ferriss's blog at fourhourworkweek.com, makes the bold claim that it will enable you to lose 9kg of fat in 30 days - without doing any exercise. With exercise the results are supposedly even better.

THE METHOD

Slow Carb is based on five simple rules, with the aim of maximum simplicity:

1. Don't eat white carbohydrates.
2. Eat the same few meals over and over.
3. Don't drink your calories.
4. Don't eat fruit.
5. One day a week, anything goes.

Within the second rule there's a list of specific meats, vegetables and legumes you can use to construct your meals. Provided you stick to these you can eat as much as you want, so there's no need to track your intake of calories or macronutrients.

Ferriss also encourages the use of the Coach.me app, which helps you stay in touch with other 'slow carbers' to build a social support network to motivate and encourage each other stick to the diet.

THE REALITY

The diet is simplicity itself, and although the explanation in Ferriss's book is short, there's plenty of additional info on his blog to give you clear instructions.

Repeating the same few meals made things very easy and because they were mostly made from high-protein and high-fibre foods, I was never hungry. In fact, eating mountainous burrito bowls topped with guacamole meant I didn't really feel I was on a diet.

Another little bonus was the daily allowance of red wine, which Ferriss



The carbs may be slow, but following this diet could send your progress into reverse

thinks speeds up recovery from training and fat loss. This also made the social impact of the diet a lot smaller. The free day - where you're actively encouraged to go crazy and eat whatever you like - also made eating socially a lot easier, but the day after was pretty tough (although the support of the Coach.me app definitely helped with this).

THE RESULTS

I was sceptical about the diet's claims, but after sticking to it strictly for a while my gym sessions were going well, so I was confident that I'd achieve decent results. Unfortunately this wasn't the case. When I tested my body composition with Speedflex (speedflex.com), the results were eye-opening - I found I'd actually lost 1kg of muscle and gained 1kg of fat! I tested and retested, not wanting to believe the results, but the numbers remained the same.

The situation wasn't much better on the inside either. Although my glucose and triglyceride levels improved, my 'bad' LDL cholesterol had increased by almost 25%. Looking back over my food diaries, I'd followed Ferriss's five rules to the letter, so what went wrong? If I had to guess, I'd assume the problems might have stemmed from my enthusiastic interpretation of 'eat as much as you like'.

THE VERDICT

There are plenty of 'success stories' on the net involving Slow Carb, but the theme seems to be that it works best for people who have a lot of weight to lose, and it didn't deliver on its promises for me. It's simple and easy to follow, but if you're already in decent shape, my advice is to try something else.

GOOD TO SLOW

Here's what Price consumed on a typical slow carb day

Breakfast

4 eggs rancheros with black beans and guacamole

Mid-morning

Coffee

Lunch

Chicken salad with hummus

Mid-afternoon

Coffee

Post-training snack

Chicken with hummus and red pepper sticks

Dinner

Roasted beef slices with Mexican spices, salsa, guacamole and refried beans

'You can eat as much as you like, so there's no need to track calories'



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High five

See off your daily veg targets – and more – with ease

Struggling to hit your government-recommended five daily portions of fruit and veg? Well, bad news: last year the WHO announced that seven 80g servings should actually be your target if you want to live a longer, healthier life – and that's still a minimum. The solution? Use the recipes below, taken from the book *Thrive On Five*, all of which contain at least five servings of veg to make it much easier for you to hit your numbers. Have two helpings of fruit (but no more, because it's high in fat-storing fructose) and a couple of these meals and you'll be golden. *Thrive On Five* by Nina & Jo Littler and Randi Glenn (Quadrille, £16.99)

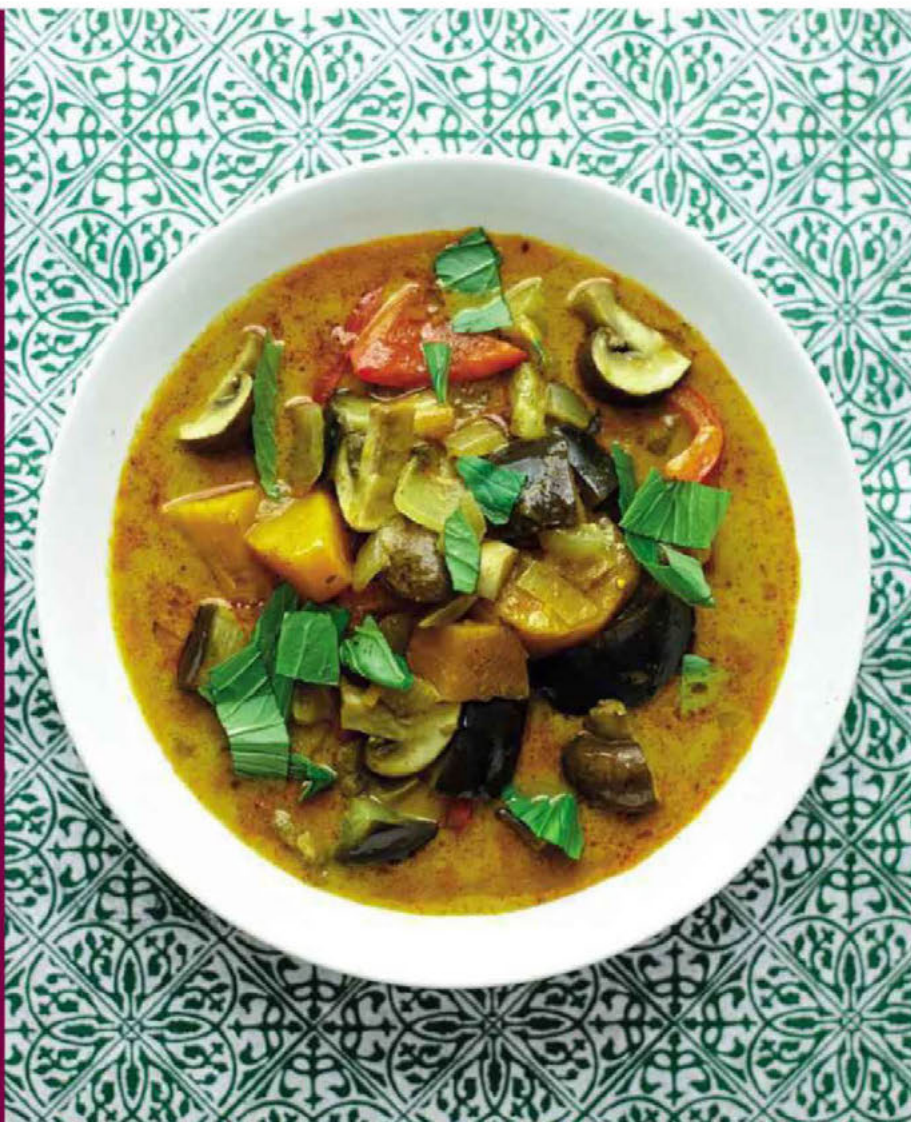
MASSAMAN CURRY WITH SWEET POTATO

INGREDIENTS (SERVES 2)

2tbsp vegetable oil / 2tbsp massaman curry paste / 1 large red onion, chopped / 160g sweet potato, cubed / 160g chestnut mushrooms, halved / 1 red pepper, chopped / 1 small aubergine, cubed / 300ml vegetable stock / 50g creamed coconut / Lime juice, to taste / 1tsp palm sugar / A few leaves of holy basil, chopped

TO MAKE

Heat the oil in a saucepan and cook the curry paste, stirring, for one minute. Add the onion, sweet potato and 3tbsp water and cook, stirring, for five minutes. Add the rest of the veg, coating everything with the curry paste. Add the stock and simmer, uncovered, for 25 minutes. Add the creamed coconut and season with the lime juice and palm sugar. Serve garnished with the holy basil.



'TABOULEH' WITH LENTILS, RED GRAPES AND FETA

INGREDIENTS (SERVES 2)

Tabouleh 80g puy lentils / Salt and black pepper / 2tbsp olive oil / ½ a small onion, finely chopped / ½ a medium carrot, finely chopped / 2 large handfuls each of mint and parsley leaves, finely chopped / 160g cherry tomatoes, halved / ½ a cucumber, deseeded and diagonally sliced / ½ a red pepper and ½ a yellow pepper, cut into 1cm pieces / Large handful of radishes, cut into thin rounds / Small handful of red grapes, sliced / 1tsp sumac / 50g feta cheese
Dressing 75g natural yogurt / 1tsp runny honey / Handful of finely chopped parsley and dill leaves / Juice of ½ a lemon

TO MAKE

Rinse the lentils, then cook according to packaging instructions. Drain and season with salt, pepper and a little olive oil. Meanwhile, sauté the onion and carrot in the remaining olive oil until soft and sweet. Add the cooked lentils and a good handful of the mint and parsley and set aside. Mix all the ingredients in a bowl, then combine the lentil mixture with the other vegetables and the grapes. Add the remaining herbs, season with sumac, salt and pepper and mix well. Serve with the dressing on the side and the feta crumbled over the top.



CHANA CHAAT WITH POMEGRANATE

INGREDIENTS (SERVES 2)

1 small aubergine, cubed / 1 sweet potato, peeled and cubed / 2tbsp sunflower oil / 80g baby spinach / 80g frozen peas / 40g frozen edamame beans / 1tbsp pumpkin seeds / 200g canned chickpeas, drained and rinsed / Handful of chopped coriander / 1tbsp pomegranate seeds

TO MAKE

Toss the aubergine and potato with the oil and roast at 200°C/gas 6 for 30 minutes, then remove and mix with the spinach. Pour hot water over the peas and edamame beans in a bowl to defrost them, then drain. In a dry frying pan cook the pumpkin seeds over a medium heat, stirring, for a minute or two, then remove. In a bowl, mix the chickpeas, peas, edamame, roasted vegetables, spinach and coriander. Sprinkle with the pumpkin seeds and pomegranate seeds and serve with onion chutney.



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Join the
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Action



Power-up pancakes

PREP TIME
5 minutes
COOKING TIME
5 minutes

You'll flip over a breakfast that burns fat and tastes amazing

If you're aiming to lose weight, you may not think of chocolate pancakes as the obvious way to start your day. But you can chuck out the wholemeal Ryvitas because this is a fat-burning breakfast that will have you running to the kitchen in the morning. The recipe - created at the fitness-focused Gym's Kitchen restaurant (gymskitchen.com) - swaps blood-sugar spiking flour for high-protein ingredients such as oats, yogurt and eggs, as well as chocolate protein powder, to get you burning fat. Top the pancakes with fruit and honey to energise your morning workout and you're set up for a perfect day on your journey to a lean body - and the other indulgent recipes in the plan will have a similar effect.



per pancake	CALORIES	PROTEIN	CARBS	FAT
	192	30g	19g	2g

BREAKFAST

Banana and chocolate protein pancakes

INGREDIENTS (MAKES 2 PANCAKES)

1tsp olive oil / 6 egg whites / 40g oats / Pinch of cinnamon / Pinch of baking powder / 2 drops of vanilla extract / 1tbsp natural yogurt / 1 scoop of chocolate whey protein / ½ a banana, sliced / 1tsp honey /

Small handful of strawberries, sliced / Peanut butter, to taste

TO MAKE

• Whisk together the egg whites, oatmeal, cinnamon and baking powder. Add the vanilla extract, yogurt and protein powder and mix thoroughly.

- Heat the oil in a pan over a medium heat, then add the mixture.
- Cook until golden brown on one side and then flip. When cooked through, transfer to a plate and serve with the banana, honey, strawberries and peanut butter.

LUNCH

Turkey and spinach omelette provides high levels of bone-strengthening iron.

- Add paprika for a metabolism-boosting hit of capsaicin.

DINNER

Chicken tikka masala with cauliflower rice contains bone-strengthening vitamin K.

- Add low-calorie chestnut mushrooms to bulk out the dish with filling fibre.

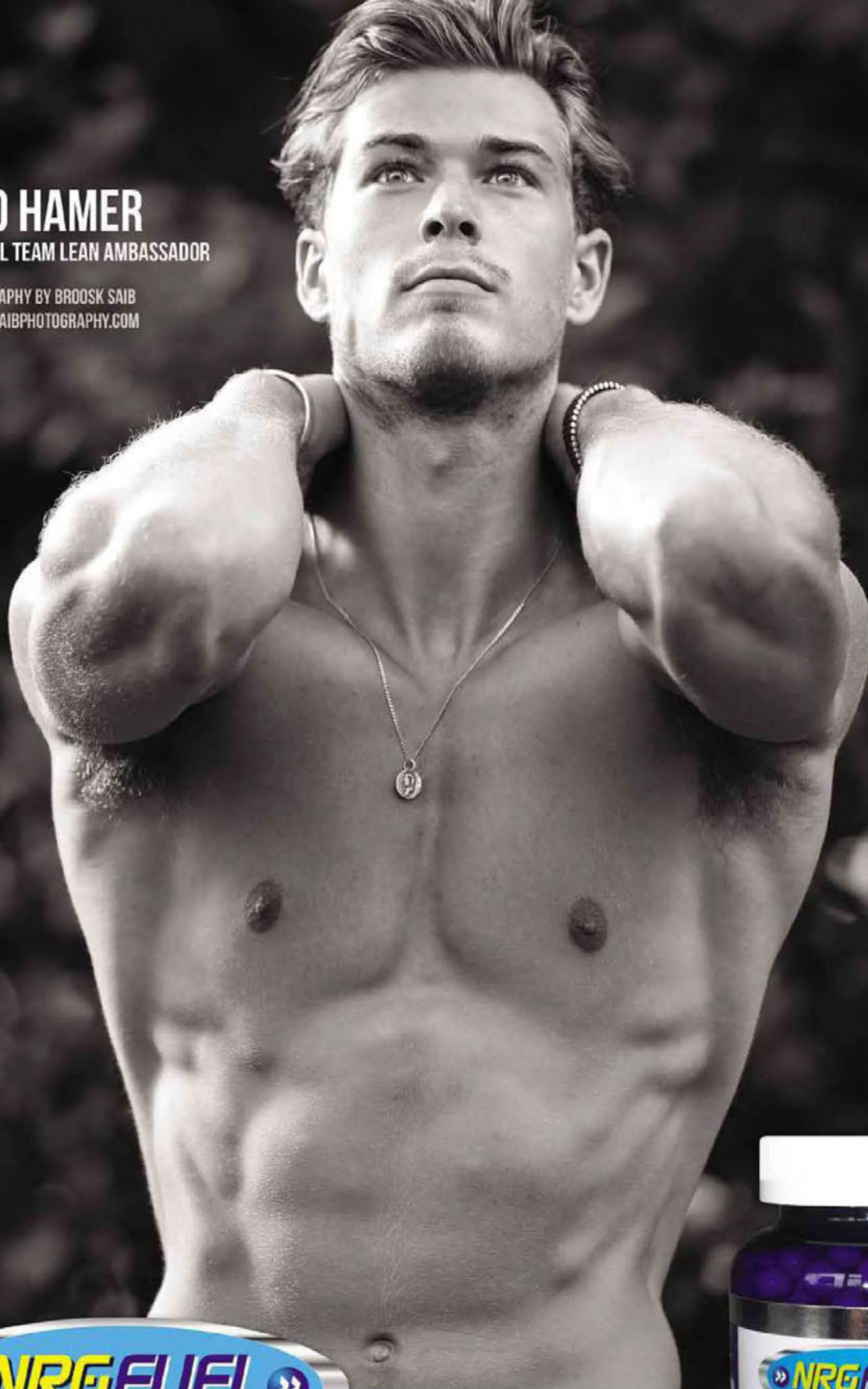
SNACKS

Blueberries are low-GI and offer immunity-boosting antioxidants.

ROO HAMER


NRGFUEL TEAM LEAN AMBASSADOR

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Feel the heat

Spice up your coffee and you'll burn more fat

Coffee with coconut oil might be the in thing among fitness hipsters, but if you're serious about getting lean, take a spicier approach. 'Many claims made about coconut oil in coffee have been blown out of proportion or lack

evidence,' says sports nutrition specialist Scott Baptie (foodforfitness.co.uk). 'For fat loss, you're better off with a spicy caffè latte - it contains fewer calories than coffee with oil or butter and will help fire up your metabolism.'

INGREDIENTS

- ▶ 1tsp espresso powder
- ▶ 200ml almond milk
- ▶ 25ml boiling water
- ▶ 1tsp fennel seeds, crushed
- ▶ 1tsp cardamoms, ground

TO MAKE

- Mix the boiling water with the espresso powder in a glass, then add the fennel seeds and ground cardamoms. Heat the almond milk in the microwave and pour it into the glass.

CALORIES

51

PROTEIN

0g

CARBS

5g

FAT

2g

1 Coffee provides caffeine, which improves concentration

2 Almond milk provides vitamin E, which protects against heart disease

3 Fennel provides vitamin C, which boosts immunity

4 Cardamom provides capsaicin, which increases calorie burn



DRINK UP

Upgrade your favourite brews with Baptie's simple suggestions

GREEN TEA

'Adding manuka honey and ginger boosts your immune system and reduces post-workout muscle soreness.'

BLACK TEA

'Cinnamon and nutmeg will add flavour to your tea while also improving insulin sensitivity and boosting libido.'

HOT CHOCOLATE

'Swap your regular hot choc powder for dark cocoa powder for a hit of blood vessel-strengthening flavonoids.'

MAKE IT HAPPEN

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WHO WORK FOR THEM.

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FOR IT TO HAPPEN, GO OUT
THERE AND MAKE IT HAPPEN ”

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YOUR WORKOUT



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SUMMER HAS ARRIVED

It's barbecue season but you don't have to settle for budget burgers. Fire up the grill to enjoy a delicious, healthy protein-packed summer feast



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2 ZERO CALORIE BBQ SAUCE



Add flavour without extra calories with this smoky sauce, which contains zero calories and is made from 100% natural ingredients, with no added sugar or fat. Only £2.99 from Muscle Food and a bottle will last you three or four barbecues – easy. www.musclefood.com

3 HOGBITES & TEXAS JOE'S JERKY



As the perfect healthy snack for sharing before a barbecue, Hogbites Pork Jerky and Texas Joe's Beef Jerky are just the thing. Both are low in fat and high in protein, plus have the perfect taste before the main event. www.thejerkygroup.com

4 HECK 97% PORK SAUSAGES



No BBQ's complete without a gourmet banger. HECK 97% Pork's name speaks for itself – every sausage is 97%, lean British pork shoulder, seasoning and nothing else. As a bonus they're gluten-free too. £3 for 400g from Tesco, Asda, Waitrose and online. www.heckfood.co.uk

5 CHICKEN HOT DOGS



Made from 100% chicken breast with no added rubbish, each hot dog contains 14g protein and just 1g fat – plus we think they taste better than full-fat sausages. They're available only from musclefood.com where six large 75g sausages will cost you just £4. www.musclefood.com



6 THE BIG GREEN EGG

The Big Green Egg is the best way to barbecue - you can bake, roast, smoke and sear. Established in the USA over 40 years ago, it's now the must-have item for your garden this summer. This amazing piece of kit is used by the UK's best chefs. www.biggreenegg.com

7 VITA COCO COCONUT OIL

The healthy choice for all summer cooking, Vita Coco Coconut Oil can be used in place of other oils. It provides sustainable energy and is also known to boost the immune system, making it the perfect choice for active men. Available from Amazon, Boots, Tesco, Whole Foods Market and Holland & Barrett. www.vitacoco.com/uk

8 MUSCLE MEAT 8oz RUMP STEAKS

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P125 BUILD UFC FITNESS **P134** AVOID INJURY IN THE GYM **P136** YOGA WORKOUT FOR RUNNERS



NIGHT NURSE

The secret to staying injury-free is in your dreams

There's a reason Team Sky hauls its own bedding around: it's essential to the marginal gains that helped propel Bradley Wiggins and Chris Froome to the top of the Tour de France field - and now new US research has found sleeping soundly is also crucial to staying injury-free.

The study found the number of hours of sleep per night is a better predictor of injury than time spent training. When training,

people who get less than eight hours' sleep a night are 1.7 times more likely to get injured than those who sleep longer. The likely cause is not getting enough non-REM sleep, a phase of deep slumber when the blood supply to your muscles increases, delivering more nutrients to help them heal and grow - especially after strenuous exercise.

Team manager Dave Brailsford prescribes hypoallergenic mattresses instead of the

potentially dust and mite-infested hotel beds, but there are numerous apps and gadgets that can boost your dose of non-REM sleep. Aura is a device that emits orange light and soothing frequencies to mimic your body's circadian rhythms (withings.com), but at nearly £200 you might need a pro athlete's sponsorship deal to get it. Alternatively the app Sleep Genius (sleepgenius.com) will help you monitor your shut-eye for free.

THE COACH Alex Gildea



THE PLAN 'Perform this workout twice a week,' says Gildea. 'For a functional core-strengthening bonus, squeeze your abs and glutes hard before each move.'

WEEK 1

SETS 2 REPS 12 REST 90SEC

WEEK 2

SETS 3 REPS 12 REST 90SEC

WEEK 3

SETS 4 REPS 12 REST 60SEC

WEEK 4

SETS 5 REPS 12 REST 60SEC

'Increase the connection with your deeper core muscles by exhaling forcefully on the way up,' says Gildea



1A 1B

GET A GRIP

Take a stranglehold on your body fat with one killer complex

Thought you'd outgrown that pair of dumbbells gathering dust at home? Think again. They're all you need for this fast, effective fat loss complex that you can do in minutes - even if they're puny. 'You don't need

to go heavy for fat loss,' says Alex Gildea (gildeafitness.com), who devised this workout. 'Combining these moves will send your heart rate soaring, build muscle, fire up your core and torch body fat.'

Do all six moves back to back, using the table above to create a four-week plan. Even if fat loss isn't your priority, you'll earn a vice-like grip that will help all your other lifts - and arm you with a promotion-bagging handshake.

1// FRONT SQUAT

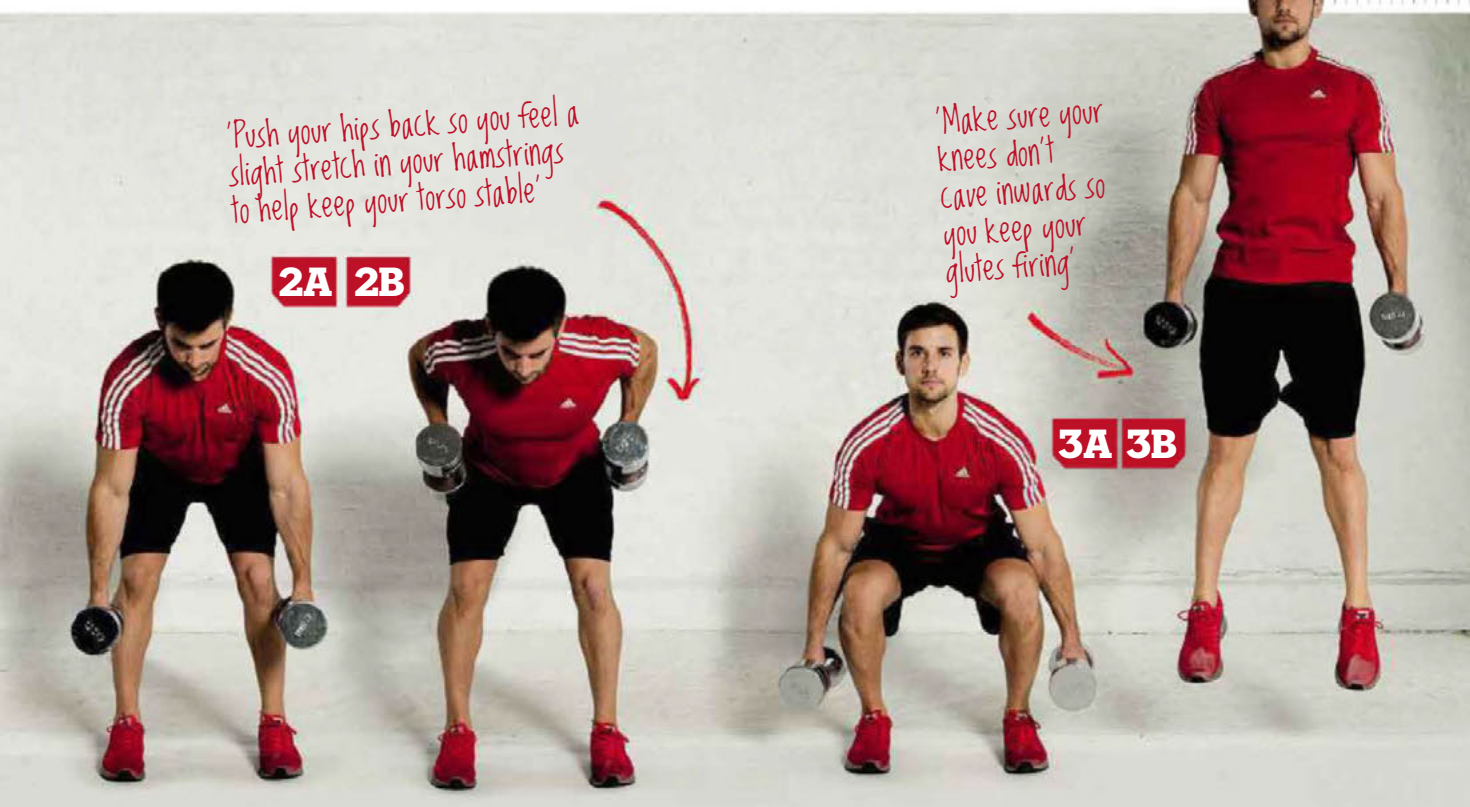
To start, hold a pair of dumbbells resting on your upper chest with your elbows high. Drop into a deep squat, keeping your chest up, your knees wide and your weight on your heels. Then drive back up to stand.



4A 4B

5A

'Squeeze your glutes to reduce pressure on your lower back'



2// BENT-OVER ROW

Lean forwards, hinging at your hips until your back is horizontal, keeping a slight bend in your knees. With your shoulder blades retracted, row the weights up towards your armpits.

3// JUMP SQUAT

With the dumbbells by your sides, lower into a squat, then drive up powerfully into a jump. Contract your glutes while you're in the air and land with soft knees, then continue into the next rep.

4// ARNOLD PRESS

Hold the weights in front of your face, then spread your elbows wide and press the dumbbells overhead in one move until your arms are straight. Reverse the move to the start.

5// ROMANIAN DEADLIFT

With the dumbbells in front of your thighs and a slight bend in your knees, hinge forward at the hips until you feel a stretch in your hamstrings. Reverse the move, driving your hips forwards to stand.

6// WALKING LUNGE

Your forearms are probably on fire by now, but dig in. Hold the dumbbells by your sides as you lunge forwards, driving through your heel with each step and keeping your back upright. Complete all 12 reps on both sides.





GEARING UP

When tackling uphill rides, select the gear that uses the smallest chainring (the gears at the front) and the largest sprocket (the gears at the rear). The reverse is true for downhill. If you're setting up your bike, a recommended set-up has 50-tooth and 34-tooth chainrings and a rear cassette with a largest sprocket with 28 or 32 teeth.



CYCLE A SPORTIVE

Complete a monster bike event by putting the distance into your legs

Cycling is the king of cardio. Need proof? VO_2 max is the ultimate measure of cardio power - it's your maximum uptake of oxygen consumption - and the highest ever recorded wasn't by a rower, a cross-country skier or that chap who used to blow up hot water bottles on *Record Breakers*, but rather by Norwegian

cyclist Oskar Svendsen, at 97.5ml/kg/min. But reaching those numbers isn't just a freak genetic accident - it takes training. And what better goal than completing your first sportive cycling event? Go to cycloport.org and find an event, and follow this plan to prepare your body for the rigours of a long-distance challenge.

THE FORM Endurance and speed are as much about bike set-up and posture as overall cardio function



CRUISE CONTROL Set your saddle height so that your knee bends at no more than 150° at maximum extension (in other words, when the pedal is at the bottom). That height is roughly your inside leg minus 10cm, measured from the centre of the crank to the top of the saddle. Have a slight bend in your elbows and lean forward from the hips, keeping your head up, backside out and spine straight, almost as if you're attempting a deadlift.



AERO TUCK You'll get speed for free by maintaining an aero position, which you'll see the likes of Mark Cavendish adopt as they sprint for the line. For maximum power with minimal aerodynamic drag, raise your backside off the saddle while hunkering down as low as possible on the bike. Place hands on the 'drops' of the handlebars (the curved, lower section) and bend your elbows 90° , maintaining a flat back. Look ahead and pedal like hell.

THE PLAN Mike Cotty is an endurance specialist and founder of the Col Collective (thecolcollective.com), who recently rode 1,012km across the Dolomites and Alps in 53hr 38min. Here's his six-week plan to get you through a 160km sportive. But remember, as Cotty says, 'For training it's all about time on the bike, not so much the distance covered.'

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MON	Rest	Rest	Rest	Rest	Rest	Rest
TUE	45min ride	1hr ride	1½hr ride	1½hr ride	2½hr ride	4x hill repeats
WED	Rest	Rest	Rest	5x hill repeats	Rest	1hr ride
THU	1½hr ride	1½hr ride	2½hr ride	1½hr ride	7x hill repeats	Rest
FRI	Rest	Rest	5x hill repeats	Rest	1½hr ride	45min easy spin
SAT/SUN	2hr ride	3hr ride	4hr ride	5hr ride	6hr ride	Race day



THE EXPERIMENT



WILL ORANGETHEORY HELP ME LOSE FAT?

Can the newest heart rate-based fitness class deliver on its promises of rapid fat loss? MF's Ped Millichamp straps on his HRM and puts it to the test

Last year I trained harder and ate cleaner than ever before when I underwent a fitness transformation for MF. In 12 weeks I lost 5kg and vastly improved my health. Now, however, cut adrift from my trainer and bored with spin classes, my efforts are in danger of shifting into reverse.

But a new class could rescue my efforts. Created in Florida, Orangetheory Fitness - now in David Lloyd gyms across the UK - is a one-hour HIIT class that promises to chew up and spit out body fat. The name

comes from the colour-coded heart rate zone you need to train in to torch hundreds of calories during and after your session. Prepared to feel the burn, rather than my love handles, I book a month of classes.

DANGER ZONE

Orangetheory classes are split into running intervals, rowing and resistance circuits (see the box opposite for details of my first class). Everyone is strapped up to Polar HRMs, with big TVs above the treadmills highlighting our individual bpm so you and everyone else can see how hard you're pushing.

There are five heart rate zones, ranging from grey for very light to red for maximum. Your orange zone starts at 84% of your max heart rate, and it's above this mark that you're meant to spend 12-20 minutes of the 60-minute session. According to instructor Emmanuel Olajojo, this sparks your body's excess post-exercise oxygen consumption (EPOC) effect, 'helping you burn between 400-500 extra calories over the following 36 hours'.

I'm surprised at how hard I have to work to hit the orange zone. The class is seriously fast-paced, with the intensity high on the treadmill and circuit stations, although a block of isolation exercises allows me to catch my breath. At the end of the hour I'm given my stats: I spent 39min of the time in the orange and red zones (you're likely to spend more time in them if you're less fit) and torched 813 calories.

THEORY OF EVERYTHING

My body might have turned into a calorie-incinerating furnace for an hour, but it's the ensuing 36-hour afterburn I'm intrigued about. If my body were to consume a further 400 calories while it recovered, that would equate to 50% of total energy expenditure during the class. However, a 2006 review of the research published in the *Journal Of Sport Science* suggests the EPOC from intense exercise only ranges between 6-15%. And if you're already mighty fit, it can be as low as just 1% because you recover quicker.

Fat-burning zones are a contentious area.





MF's Ped tackles a superset of TRX jump squats and ice skaters



Most cardio machines have a graphic recommending zones for fat loss or cardio, but they're usually set too low. Orangetheory ratchets the levels up and, EPOC effect or not, I find the hour-long workout is enough to restart my flagging fat loss progress.

ALL HEART

After just a fortnight and six sessions, I dropped 2kg and 1% body fat. The classes are different every time so you don't get too comfortable and keep progressing, and each involves a unique challenge. In my first class it's a max plank (I hold out for an agonising 5min 18sec) and later it's a 500m row (1min 29sec) and 1.6km run (6min 57sec).

Working to Orangetheory's heart rate zones burns a shedload of calories as long as you push yourself – but it doesn't give you a green light or EPOC special pass to reward yourself at the drive-thru on the way home. If you keep your diet in check, three sessions a week will scorch enough calories to keep you in deficit and on track to a lean body.

Visit davidlloyd.co.uk/orangetheory

THE FUTURE'S BRIGHT

Here's how Orangetheory uses intervals to get your ticker ticking

Once your heart rate is in the green zone (71-83% of max heart rate) increase the speed on the treadmill from this 'base pace' by 3km/h for your orange 'push pace' and a further 3km/h for your red 'all out' pace.

CIRCUIT 1 12min

Squat/gym ball pike supersets x 6, 8, 10, 12, 14 (as many as you can do until first run block)

RUN 1 12min

@1% incline 2min at green pace, 1min at orange pace x 2
@2% incline 1min green, 2min orange x 2



CIRCUIT 2 9min

Biceps curl/bent-over flye supersets x 6, 8, 10, 12, 14

RUN 2 9min

@2% incline 30sec green, 90sec orange x 3
@4% incline 1min orange, 30sec red x 2

CIRCUIT 3 5min

TRX jump squat/TRX ice skater supersets x 6, 8, 10, 12, 14

RUN 3 5min

@1% incline 1min orange, 30sec red x 2
@1% incline 15sec orange, 15sec red x 4

GLUTE POINT

Haul your arse off the sofa and improve your explosive power by leaps and bounds

You don't need a mountain of equipment to develop explosive strength - far from it. 'I designed this workout to let you build a strong, explosive and very functional body using minimal space and kit,' says trainer Chris Burgess, owner of Lift The Bar (liftthebar.com). And it all starts with your money-maker. 'The focus at the start is getting your glutes firing. You can generate huge amounts of power by improving your ability to extend your hips in a controlled but explosive way.' Do this and get glutes strong enough to crush walnuts. Just don't expect us to eat those walnuts.

A

B

DIRECTIONS

Do all the sets and reps of the first three moves, resting for a minute between sets. Then do the last three moves as a circuit four times, resting for a minute after 4C.

1 SINGLE-LEG GLUTE BRIDGE

SETS 4 REPS 5 EACH SIDE
REST 1MIN

Sit on the floor with your upper back against the sofa. Raise and straighten one leg, then raise your hips to form a bridge. Lower until your walnut crusher is just off the floor.

2

JUMP SQUAT

REPS 10 EACH SIDE REST 1MIN

Squat down until your thighs are at least parallel to the floor. Then jump up explosively as high as you can. Bend your knees to cushion your landing and continue into the next rep.



3

BROOMSTICK GOOD MORNING

SETS 4 REPS 8 REST 1MIN

Hold a broom handle or long umbrella across your shoulders. Keeping your back straight, hinge forwards from the hips until you feel a stretch in your hamstrings. Hold for three seconds and drive your hips forwards to stand.



4A

BURPEE

REPS 10

From standing, drop down and place your hands on the floor outside your feet. Jump your feet back so you're in the top of a press-up position, then back to between your hands. Jump up, raising your hands overhead.



4B

PLANK

TIME 60SEC

Get into a plank position with your weight supported by your feet and forearms. Keep your body in line, feet together and elbows directly under your shoulders. Squeeze your abs and core to help you keep your hips up.



4C

ARM-RAISED SIDE PLANK

TIME 30SEC EACH SIDE REST 1MIN

Lie on your side, supporting your weight with the outside of one foot and your forearm. Keep your legs, torso and head in line and your legs together, with your upper arm straight up. Squeeze your abs and glutes to help keep your hips up.



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BRITAIN'S GREATEST
MMA FIGHTER

MICHAEL BISPING

With a UFC title firmly in his sights, Bisping tells MF how a career-threatening injury forced him to radically overhaul his training - with game-changing results

MICHAEL BISPING

Age 36

Height 1.87m

Weight 84kg

Achievements

■ MMA record: 26 wins, 7 losses

■ The Ultimate Fighter season 3 light-heavyweight tournament winner

■ 16 UFC wins, tied for fourth on the all-time list with Chuck Liddell and Randy Couture



The longer the fight goes, the better I get,' says Michael Bisping emphatically when *MF* asks him to describe his approach to fighting. 'I like to maintain a very high pace, and most of my opponents can only keep up for so long. When they start to get tired, they begin to make mistakes and leave openings. That's when I capitalise and take them out.'

From any other fighter you'd take such a bold claim with a pinch of salt, or dismiss it as bravado. But few of his mixed martial arts rivals can hold a candle to Bisping when it comes to conditioning. Over a decade-long career in the UFC, the world's premier MMA organisation, the Cyprus-born, Lancashire-raised Bisping has left a string of broken opponents in his wake, none of whom could keep up with his high-tempo onslaught. He's

the only middleweight to have 'fitness' listed as one of his key strengths on the UFC's website - alongside stand-up, heart and adaptability, in case you're wondering - and, having revamped his training after a year-long layoff due to injury, the man known as 'The Count' is ready to make a run for UFC glory in 2015.

LESSON LEARNED

Of all the attributes required to compete as a top-level MMA fighter, conditioning is arguably the most important. 'A cage is the loneliest place in the world if you're running out of steam - especially with millions of people watching,' says Bisping. 'Fighting isn't like other sports where you're trying to put a ball in a net - you're attempting to knock each other out, and if you're too tired to keep your hands up, you'll pay the price.'



Bisping works on his technique with kickboxing coach Daz Morris



It's a lesson Bisping nearly learned the hard way while fighting for a British kickboxing title early in his career. 'I got offered the fight at ten days' notice because somebody had dropped out, but I hadn't set foot in a gym for around a year,' he says, grimacing at the memory. 'It was an eight-round title fight, and I didn't pace myself. I spent the first four rounds going crazy trying to knock the guy out, but I couldn't do it. For the second half I was completely gassed, and I got the absolute shit kicked out of me.'

Luckily he'd done enough in those opening rounds to win a decision on the judges' scorecards, but the harrowing experience stayed with him, and helped to instil in him the relentless work ethic that's come to characterise his fights ever since.

After launching his career in America by winning season 3 of *The Ultimate Fighter*

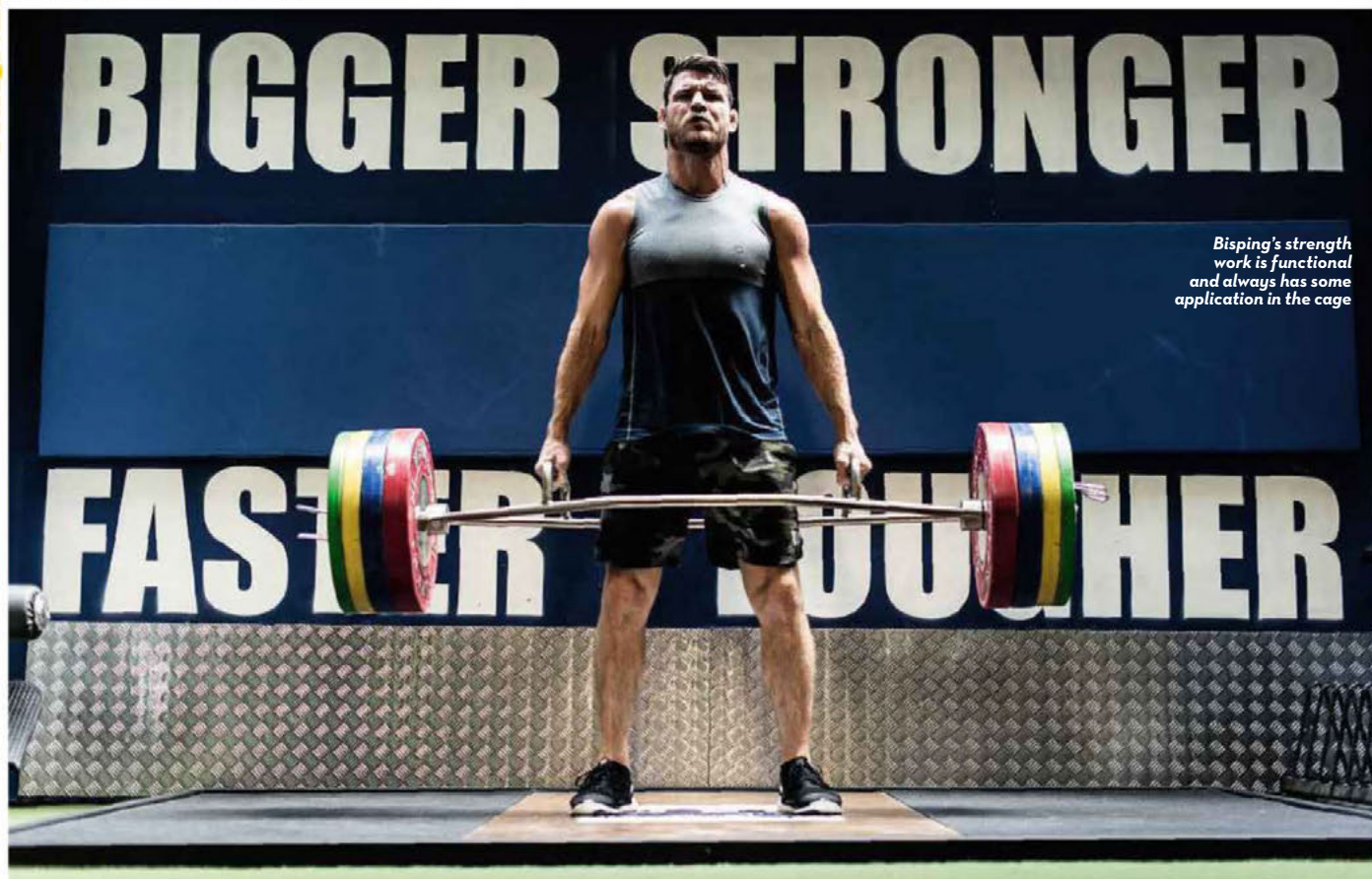
'DRUG USE IS A SIGN OF WEAKNESS'

reality show, Bisping began a successful UFC run competing at light heavyweight, before eventually dropping down to middleweight. He twice fought his way into title eliminator contests, where a win would have earned him a shot at the UFC title. He lost the first to trash-talking wrestler Chael Sonnen by decision, and the second when he was

knocked out by Brazilian striker Vitor Belfort. Both fighters have subsequently seen their careers blighted by performance-enhancing drug (PED) scandals.

TRAIN IN VEIN

It would be reasonable for Bisping - a longtime advocate of stricter testing and harsher punishments for PED use - to be bitter about the circumstances surrounding these losses, but it's something that has only served to spur him on. 'The way I see it, PED use is a sign of weakness,' he says. 'We're martial artists, and taking steroids goes completely against the ethos of martial arts. But I don't dwell on it. I've made it to the top of the pyramid several times already, and I'll do it again. I know I've got the character and the fighting spirit to do it - without tooting my own horn, of course.'



Bisping's strength work is functional and always has some application in the cage

Having bounced back from the Belfort loss with a resounding win over Alan Belcher, Bisping appeared to be back on track to the top – only for a horrific accident in training to leave his career hanging in the balance

EYE SORE

Injuries are common in a gruelling contact sport such as MMA, but few are as frightening – or as career-threatening – as the detached retina Bisping suffered in summer 2013 while sparring. After

having the retina in his right eye surgically re-connected, he was forced to take an entire year off from any form of physical activity. 'It was extremely challenging and depressing,' he says. 'I couldn't do anything that would raise my blood pressure, because it would put too much pressure on my eye. Having been a professional athlete for so long, being forced to rebuild every aspect of my fitness from scratch was awful.'

The doctor-enforced downtime allowed Bisping to reflect on his training, and the

role it had played in his injury. 'The night my retina detached, one of my sparring partners broke his hand, and another guy broke his nose,' he says. 'If that isn't a sign that we were training too hard, I don't know what is.' This realisation – along with an acknowledgement that it takes longer to recover from hard training in your mid-30s than in your mid-20s – led to a shift in his attitude to working out.

'Earlier in my career I had a very old-school approach to training,' he says. 'Some

WARRIOR WORKOUT This cardio-boosting circuit replicates an MMA fight with dynamic, functional exercises performed in five-minute blocks

Bisping performs each of these exercises for one minute back-to-back in a circuit, then rests for a minute and repeats for three to five rounds. This replicates the five-minute rounds of a UFC fight to build fight-ready conditioning.

1 CHIN-UP TO SPRAWL

Hold a chin-up bar with an underhand grip, hands shoulder-width apart. Brace your core and pull up until your chin is over the bar, elbows tucked in, then lower. Repeat three times, then perform three sprawls: drop to the floor and, keeping your chest upright, throw your hips down and legs out behind you. Alternate between three reps of each for a minute.



2 SLED PUSH

Hold a sled with both hands and your legs extended, aiming to keep a straight line through your arms, neck and back, with your core engaged. Drive forward with your legs, pushing the sled as far as possible, then spin it around and push it back to the start.



3 MEDICINE BALL ROTATIONAL THROW

Stand by a sturdy wall holding a medicine ball just below chest height. Brace your core and rotate your upper body 90° away from the wall, then 180° back, releasing the ball forcefully. Alternate sides every rep.



4 MEDICINE BALL SLAM

Lift a medicine ball above your head with two hands, then slam it forcefully into the ground. If you can, catch it as it bounces and go straight into the next rep. If you can't, pick it up off the floor and repeat.



5 KETTLEBELL SWING

Stand with feet shoulder-width apart. Push the kettlebell off your body to start the swing. As you lower, hinge at the hips. When you feel a stretch in your hamstrings, drive your hips forward. Let the weight rise to head height.



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days during a fight camp I'd turn up at the gym barely able to walk - it'd take me an hour of shadow boxing just to be able to move my legs. The mentality would always be that I knew my opponent would be training hard, so it was up to me to train even harder, and I'd just push through the pain. But now I listen to my body more. If I feel that beat up, I'll have an ice bath and a massage and take the day off, eat some carbs and recover. It takes confidence in your own abilities to do that, but sometimes it really is a case of less is more.'

It's an approach that he's applied to his strength and conditioning too. 'I've always done a lot of running, but I also do a lot of interval sprints and fartlek training,' he says. 'A fight is full of peaks and troughs - one minute you'll be shadowing your opponent around the cage using your footwork, then suddenly you'll have to

'I FEEL LIKE I'M PHYSICALLY IN MY PRIME'

explode into a grappling exchange. It's important that your training replicates that ebb and flow as much as possible.'

To do this, Bisping uses a circuit format for his strength and conditioning sessions. 'Usually I pick five different exercises and set the equipment up for each one as a station. I always pick dynamic exercises that mimic the kind of movement patterns you have to perform in a fight, such as sprawls to chin-ups, prowler pushes, and medicine ball slams [see the box on p128]. In MMA there's no point doing bodybuilding-style isolation exercises like biceps curls - all the strength you build by lifting weights needs to be applicable in a fighting environment.'

The results have been impressive. 'I really feel like I'm physically in my prime, even though I'm 36 years old,' he says.

ON THE UP

After a sluggish return - understandable after such a long layoff - against grinding wrestler Tim Kennedy, which resulted in a decision defeat, Bisping achieved impressive wins over durable striker Cung Le and surging wrestler CB Dollaway either side of a guillotine-choke loss to the current number one contender Luke Rockhold. The Dollaway win in particular has re-established Bisping's credentials as a legitimate title contender. After weathering an early storm from his American opponent, Bisping streaked ahead in the latter stages



Bisping's legendary conditioning means he's still a contender at 36

FOOD FIGHT

Bisping's clean eating meal plan will help you shed serious amounts of fat, whether you're cutting weight for a fight or just want a ripped six-pack

BREAKFAST

A bowl of porridge with 1tsp flaxseeds, 1tsp chia seeds and 1tbsp peanut butter

POST-MORNING WORKOUT

Muscle Pharm recovery shake

LUNCH

A healthy 'fry-up' with 2 grilled chicken sausages, 2 poached eggs, 1 avocado and 1 tomato, halved and grilled

POST-AFTERNOON WORKOUT

Muscle Pharm protein bar



DINNER

Two grilled 150g home-made turkey burgers with a handful of steamed broccoli and a handful of asparagus, chopped and fried in 1tsp rapeseed oil

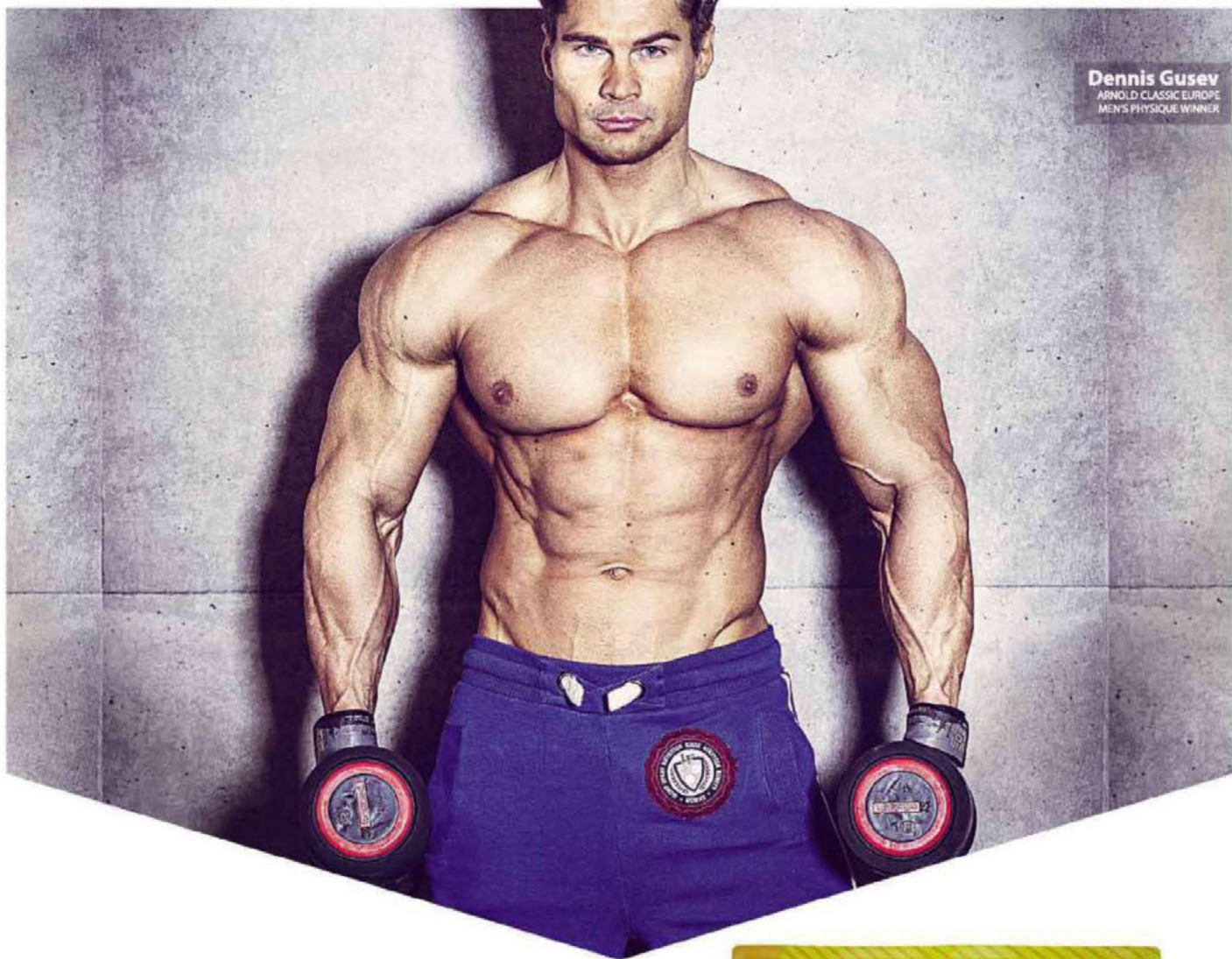
of the fight, turning in a vintage high-tempo performance to earn a unanimous decision victory. Like so many fallen opponents before him, when Bisping turned up the pressure, Dollaway simply couldn't handle it.

Next up for The Count, on 18th July in Glasgow, is another top-ten opponent: resurgent former title challenger and jiu jitsu expert Thales Leites. 'If I can get a solid win over Leites, that'll set me up for a fight with a top-five opponent in the autumn,' he says. 'Win that, and I'll finally get a title shot.'

Bisping may have been hovering around the top of the division for his entire career, but with his newly streamlined approach to training combined with his work ethic and an insatiable appetite for success, the crowning of a first-ever British UFC champion may be just around the corner. 'I've been fighting the best guys in the world for a long time, but that burning desire to get a title shot keeps me hungry, humble and working hard in the gym,' he says. 'I don't just want to fight for the belt and get a big payday - I want to win and be the champion. I honestly believe it's destined to happen.'

And whether he eventually makes it or not, he'll be working harder and smarter than anyone else to try to get there - you can count on it. □

With thanks to fightcitygym.co.uk and athleticrecon.com. For updates on Bisping and other UFC fighters, follow @UFC_UK on Twitter or @UFCEUROPE on Instagram



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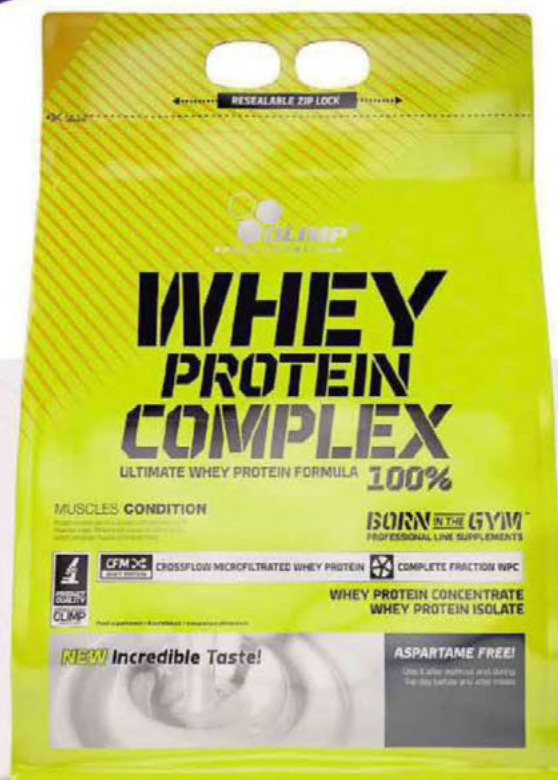
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Use yoga to improve your running technique without pounding the pavements

THE COACH

Drew Fuller took up triathlon in 2013 and represented Great Britain at the European age-group sprint triathlon championships last year. He schedules his training around a full-time job and works with hot yoga company Sweat Studios (sweatstudios.co.uk) to create yoga routines for triathletes, which provide a cardio workout and reduce injury risk for runners.



THE GOAL

'Adding an active yoga workout into your training regime will improve your running technique, lessen your risk of injury and counter the adverse effects running has on your body,' says Fuller. 'Hot yoga, in contrast to other gentler forms of yoga, offers a full-body workout that boosts cardiovascular fitness, strength and flexibility. Yoga is also great for developing balance, which is important for runners because they're literally hopping from foot to foot as they run.'

THE WORKOUT

'Do this set of poses at least twice a week, repeating the whole lot for a total of three circuits,' says Fuller. 'They can be performed in isolation or before or after a run, and each move should flow into the next. Normally these poses are performed in a heated room to ensure the muscles are loose and supple, so it's important to make sure your body is properly warmed up first. Doing them straight after a hot shower or bath is perfect - although you may need another wash by the time you've finished.'



1 CAT STRETCH

Get on all fours with hands shoulder-width apart, knees hip-width apart and spine neutral. Breathe deeply in and out through your nose six times. Every time you inhale raise your tailbone, chin and chest, arching your spine. Every time you exhale round your spine, press on the floor, tuck your chin in to your chest and suck your navel in to your spine.

BEGINNER 3 REPS
INTERMEDIATE 4 REPS
ADVANCED 5 REPS



2 DOWNWARD DOG

Put your hands in front of your shoulders. Draw your elbows towards your head, tuck your toes under and lift your knees slightly. With arms straight and knees bent, raise your tailbone. Keep your spine neutral, straighten your legs and hold for the allotted number of breaths. This lengthens the hamstrings, calves and lower back and opens your shoulders.

BEGINNER 4 BREATHS
INTERMEDIATE 6 BREATHS
ADVANCED 8 BREATHS



3 TWISTING AWKWARD POSE

With feet and knees together, bend your knees and lower your hips. Hold your arms out in front, then bring your palms together. Rotate to touch your elbow to the opposite knee. Breathe, then repeat on the other side.

BEGINNER 2 BREATHS EACH SIDE
INTERMEDIATE 4 BREATHS EACH SIDE
ADVANCED 6 BREATHS EACH SIDE



4 EAGLE

Bring your right arm under your left, crossing at the elbows and wrists and interlacing your fingers. Bring your right leg over your left leg, crossing at the thighs, and tuck your toes behind your left calf. Lower as far as possible, squeezing your thighs and arms together. Hold and breathe, then repeat on the other side.

BEGINNER 4 BREATHS EACH SIDE
INTERMEDIATE 6 BREATHS EACH SIDE
ADVANCED 8 BREATHS EACH SIDE



5 BALANCING STICK

With feet together, raise your arms overhead, interlacing your fingers and releasing your index fingers. Step forward with your right leg, and lift your left leg off the ground behind you. Stretch up, then bend forward until your torso and raised leg are horizontal. Stretch your body to lengthen your spine. Hold for the prescribed time, then swap legs.

BEGINNER 8SEC EACH SIDE
INTERMEDIATE 10SEC EACH SIDE
ADVANCED 12SEC EACH SIDE



6 EXTENDED TRIANGLE

Raise your arms overhead, palms touching. Sidestep so your feet are twice shoulder-width apart. Turn your left foot out 90°. Stretch to your left and reach for your left shin, twisting to look at the ceiling. Hold and breathe as instructed. Repeat on the other side.

BEGINNER 4 BREATHS EACH SIDE
INTERMEDIATE 6 BREATHS EACH SIDE
ADVANCED 8 BREATHS EACH SIDE



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INJURY-FREE CARDIO

Whether you use them for a warm-up or an hour-long workout, cardio machines can cause injury if you're not careful. Here are the common slip-ups to avoid



Andy Curtis is a former rugby pro, head physio at Bournemouth Lions RFC and co-founder of Your Physio Plan, aiming to make physiotherapy, massage and physical conditioning more accessible, affordable and effective.

Sheltered from road traffic and the elements, your gym's cardio machines should be low-risk - but there are hidden dangers. A recent product safety investigation found that treadmill-related injuries account for 24,000 emergency room visits in the US each year, with 30 treadmill-linked deaths since 2003. Most injuries are minor, however, and can be avoided with the right precautions.

1 EXERCISE BIKE

'Poor set-up on the bike is a common cause of knee pain,' says Curtis. 'Imbalanced forces from your IT band, hamstrings and quads can result in patellofemoral pain, felt as a clicking or grinding. Instead of gliding up and down over the knee, the kneecap is dragged side to side, causing friction.'

PREVENT IT

'Set the bike up properly. With the cranks vertical, ensure your lower leg is slightly bent, aiming for a 155° angle behind your knee, and make sure the clips are tight around the balls of your feet. Foam rolling improves fascial mobility too - spend 15 minutes massaging your legs and lower back three times a week.'

2 TREADMILL

'Running at a 1% incline is a great way to replicate road conditions, but any steeper and it can overload the achilles tendon, especially if you're a midfoot or forefoot striker. Combining an increased workload with a weakness in the hips or knees is certain to aggravate the tendon.'

PREVENT IT

'Increase your distance and speed gradually and add free-weights exercises to your programme. Do lightweight squats, split squats and crab walks - where you lower into a half squat and take big steps sideways - for three sets of 15 reps each.'

3 ROWING MACHINE

'Lateral epicondylopathy, or tennis elbow, is a common rowing injury that can result in damage to the common extensor tendon at the elbow. Multiple muscles attach through a small tendon and, under repeated tension, it's easily irritated.'

PREVENT IT

'When rowing, keep your wrists in a neutral position and don't grip too tightly. Tennis elbow is



You're unlikely to drown on a rowing machine but that's no reason to be complacent

ONE-KIT FIX

RESISTANCE BAND SET

£21 bodylastics.co.uk

'Resistance band scapular retractions activate your rotator cuff muscles, improving stability in your upper back and shoulders,' says Curtis. 'Loop the band around a fixed bar and hold the handles at chest height, then pull them towards you while pinching your shoulder blades back and together. Do three sets of 15 reps before rowing and any other chest, shoulder or back work.'



also linked to poor upper back and neck mobility, which you can fix with thoracic extension stretches over a foam roller. With arms crossed over your chest, lean back with the roller under your middle back for 30 seconds three times.'

4 FLEXIBILITY ISSUES

'All the above machines require the arms and legs to exert powerful forces while the body stays relatively still. This is determined by the stability around your trunk. It's easy to let your pelvis shift on the bike, swing your arms too much on the treadmill or pull too hard on the rower, all of which can result in pain.'

PREVENT IT

'Strengthening your core reduces the risk of common cardio injuries. Start with power planks - where you contract your quads, glutes, abs and chest muscles hard - for three sets of ten seconds, then progress to overhead squats, holding an empty barbell for three sets of ten.'

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ADVENTURE RACING

The essential facts about a sport that stimulates you physically and mentally

Adventure racing hits the fitness sweet spot. It strikes a perfect balance between the individual challenge of a marathon, the variety of a triathlon and the strategic collaborative skill required in team sports. Adventure races can span a few hours or a few days, cover several kilometres or an entire coastline and challenge you to keep your mental focus throughout.

These multidiscipline events, which typically include off-road running, mountain biking and kayaking sections, test your orienteering skills to navigate between a series of checkpoints or simply get from A to B in the fastest time possible. Welsh polar explorer Maria Leijerstam, the first person to reach the South Pole by cycle and organiser of the Burn Series of races in the UK, reveals the secrets you need for adventure race success.



FIT FOR FUNCTION

'Kayaking relies on a strong core, back and shoulders. To generate full-body, functional power, combine dynamic and isometric core moves. Do three minutes of sit-ups, aiming to do as many as possible, then finish with a plank to failure.'

HIT THE WALL

'Endurance and efficiency are vital, especially for the bike. Use a Wattbike in training because you'll learn to use your hamstrings (on the up-pedal) as much as your quads (down-pedal). For endurance, I do wall squats, aiming for two-minute holds with a minute of rest as many times as I can.'

LEAD FROM THE FRONT

'Tactically, it's better to get out in front and then pace yourself than to start

slowly and try to catch up. To help me sprint to the front I do a mix of endurance and interval training. I do weekly 20km runs, interspersed with short 50-100m sprints. Running off-road strengthens every joint, ligament and muscle in your legs, helping prevent injury.'

RECOVER ON THE GO

'Whether it's a multi-stage event or a short race with quick transitions, you can't afford to lose any time resting and recovering. To stay hydrated and keep my salts up I rely on salt and vinegar crisps and salted liquorice. If camping is involved, freeze-dried meals are essential. To aid recovery in your leg muscles between stages, sleep with your legs elevated.'

For details of Burn Series adventure races around the UK visit burnseries.co.uk

LOST AND FOUND Master the art of orienteering with tips from former Royal Marine PTI Sean Lerwill



USE ROUTE CARDS

'Before setting off from the start line, identify and write down your route and the distance to each

checkpoint. Highlight key landmarks you should pass, such as streams, railway tracks and roads, to keep you on course.'



BEWARE OFF-ROAD

'If you have a choice between the long route on a road or marked path or a shortcut across uncharted territory,

use the former. There could be unmarked obstacles that will scupper your corner-cutting and sabotage your race time.'



LEARN YOUR PACING

'In training, learn how many steps it takes you to cover 100m on the flat, uphill

and downhill. Being able to judge distances covered without constantly referring to the map will help you make up serious ground on the competition.'

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CARDIFF BURN, WALES

25TH OCTOBER

Feel the burn with this non-stop 10km run, 30km mountain bike and 3km kayak race. The River Taff can turn from placid to raging depending on rainfall so be prepared to paddle hard. burnseries.co.uk

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12TH-13TH SEPTEMBER

Have your bike at the ready. This two-day 169km event in the Scottish Highlands will see you riding, running and paddling from the imposing landscapes of Glencoe and Ben Nevis to the lochside paths of Fort Augustus and Fort William. ratracecoasttocoast.com

LAST2SURVIVE, HERTFORDSHIRE

2ND-4TH OCTOBER

As a race to find the last man or woman standing, this event has no finish line. Over two nonstop days you're challenged to run, hike, night navigate and work in teams to complete challenges. Pass 24-, 30- and 36-hour marks to earn rewards. last2survive.com

GORRICK TRAILTRAX 4, KENT

20TH SEPTEMBER

Ideal for beginners yet challenging enough for experienced cyclists, this cycle-orienteeering combo requires both intelligent planning and fitness to navigate your way around the picturesque town of Cheriton and pass as many checkpoints as possible within the three-hour time limit. gorrick.com

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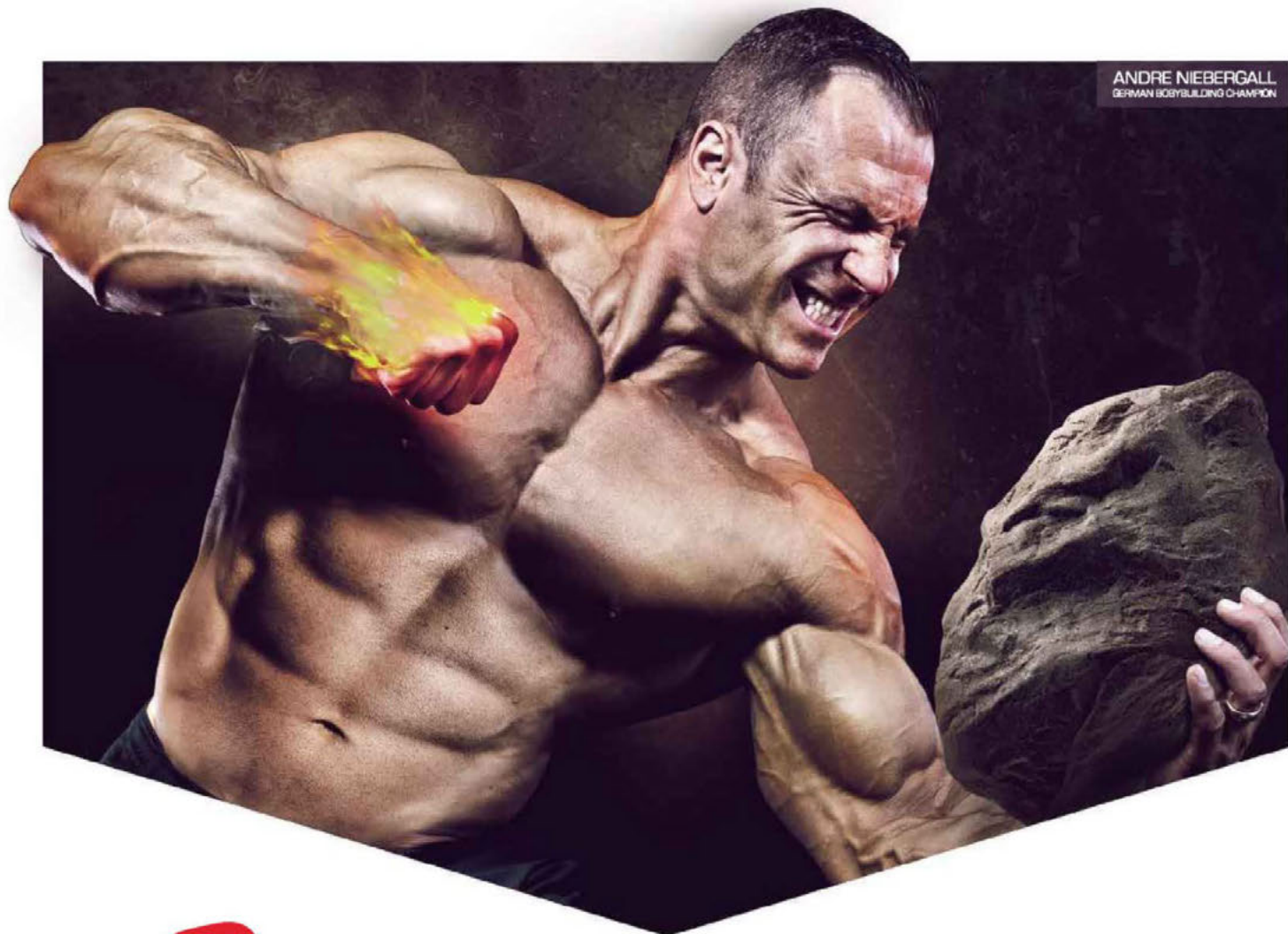


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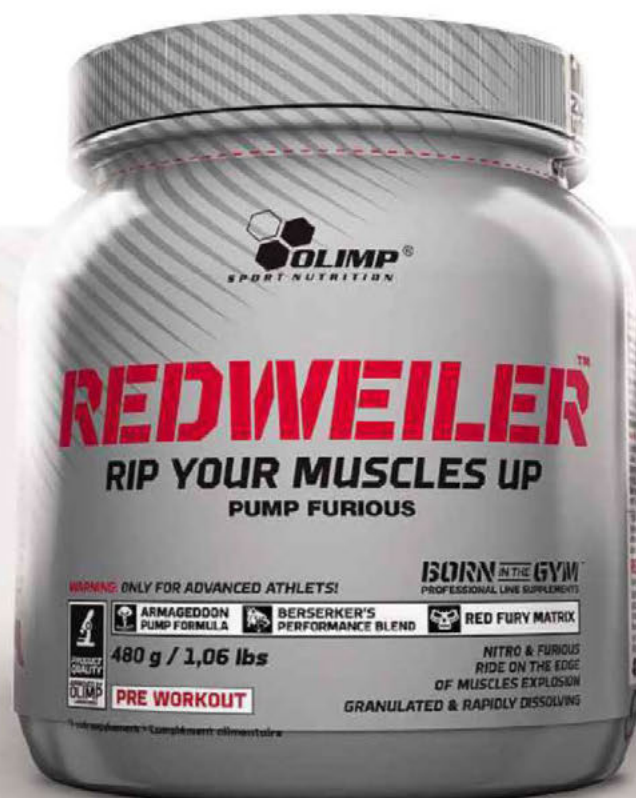


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BODY WORKOUT

Replicate strongman moves for strength, cardio and fat loss

It makes sense to train like a strongman for strength - but fat loss? Really? Well, although pro strongmen are hefty - Hafthór Júlíus Björnsson, World's Strongest Man 2014 runner-up and 'The Mountain' in *Game of Thrones*, weighs 173kg - the way they train would carve Adonis-like physiques if they didn't have to eat so much to counterbalance the huge weights.

But assuming dragging lorries isn't your priority, you can use strongman training to build lean muscle and cardio and shift body fat, says trainer Will Girling, who devised this plan. 'Big, heavy compound movements cause you to release more growth hormone and raise your metabolism,' Girling says.

'This increases the calories you burn, boosts your fitness and cranks up the potential for muscle growth. And the hard and fast medley sessions are similar to what you might get in a strongman competition.' And a taste of a WSM workout must be better than a taste of life in *GoT*.

THE PLAN

There are two plans you can follow. Both are one-week plans with three workouts, split into two sessions to build strength and trunk stability and one circuit to improve your work capacity. If you're new to training start with the first plan and, as you progress, move on to the second, more advanced plan.

THE WORKOUT

The first two workouts in both plans work the whole body with compound lifts. Make sure you have at least one rest day between each. The third workout is the strongman medley, similar to one in a competition. Focus on speed here. Aim to get the maximum number of reps for each exercise.

PROGRESSION

For the whole-body workouts aim to increase the weights each week while maintaining good form. For the strongman medleys, try to increase your max for each exercise every week. Eat 2g of protein and 1.1g of fat per kilo of bodyweight to keep muscle retention and hormone function high.



THIS MONTH'S TRAINER



WILL GIRLING is a performance nutritionist, personal trainer, corrective movement specialist and creator of PrimalWill (primalwill.com), a hub for making great-tasting healthy food.

WEEK 1

Use compound lifts and a high-tempo circuit to kick-start your strongman gains

WORKOUT 1

STRENGTH & POWER



1// BACK SQUAT

SETS 5 REPS 5 REST 2MIN TEMPO 2010

With the bar on the back of your shoulders, squat until your thighs are at least parallel to the floor. Drive back up through your heels.

2// SEATED DUMBBELL OVERHEAD PRESS

SETS 4 REPS 8 REST 2MIN TEMPO 2010

Sit on an upright bench with your back supported and core braced. Hold dumbbells at shoulder height with palms facing forwards. Press them straight overhead until your arms are straight, then lower.



SUPERSETS EXPLAINED

In a superset such as this one (right), complete a set of exercise A and then move straight on to a set of exercise B without rest. Then rest as instructed and go back to exercise A.



3// SUMO DEADLIFT

SETS 5 REPS 5 REST 2MIN TEMPO 2010

Stand with feet wide apart. Keeping your chest up, bend your legs and grasp the barbell with hands less than shoulder-width apart, using a mixed grip so one palm faces forwards and one back. Keep your core braced as you drive through your heels to raise the weight, driving your hips forwards to stand tall, then reverse the move to the start.

4A// SINGLE-ARM ROW

SETS 4 REPS 8 EACH SIDE REST OSEC TEMPO 2010

Angle a barbell into the middle of a weight plate on the floor and hold the other end of the bar with one hand, facing away from the anchor point. Bend your legs and hinge forwards at your hips so your back is almost parallel with the floor. Keeping your core strong and your shoulder blades retracted, row the bar towards your armpit, drawing your elbow upwards, then lower until your arm is straight.



4B// ROMANIAN DEADLIFT

SETS 4 REPS 8 REST 1MIN TEMPO 2010

Keeping your legs slightly bent and your back straight, lean forward from the hips, not the waist, and lower the bar down the front of your shins until you feel a moderate stretch in your hamstrings. Reverse the move, pushing your hips forward to stand.



5// STRAIGHT-LEG SIT-UP

SETS 4 REPS 8 REST 1MIN TEMPO 2010

Lie on the floor with your feet together and fingers to your temples. Squeeze your core to press your lower back into the floor, then, keeping your core braced, contract your abs to raise your upper body, making sure not to raise your legs throughout.



WORKOUT 2

STRENGTH & POWER



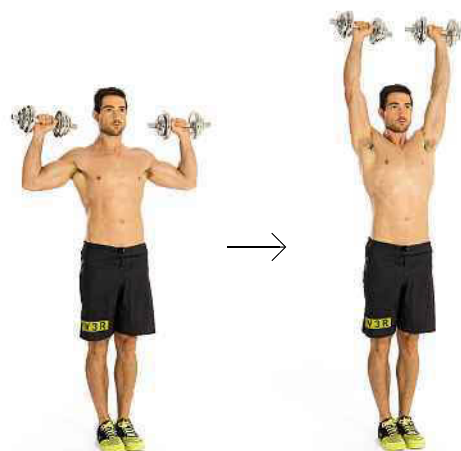
1// FRONT SQUAT

SETS 5 REPS 5 REST 2MIN TEMPO 2010

Rest the bar across your upper chest with your hands holding it in place and your elbows as high as you can get them. Keeping your chest up and your back straight, squat down until your thighs pass parallel, then drive back up.

TEMPO EXPLAINED

The tempo of each move is expressed as a four-digit figure. The first digit indicates how long in seconds you should take to lower the weight, the second how long you should pause at the bottom, the third how long you should take to lift the weight and the fourth how long you should pause at the top. An X means you should perform that phase of the move explosively.



2// DUMBBELL MILITARY PRESS

SETS 5 REPS 5 REST 2MIN TEMPO 2010

Stand with feet together holding dumbbells with your upper arms horizontal and palms facing forwards. Brace your core and glutes for balance and press the weights straight up, then lower to the start.

3A// MEADOWS ROW

SETS 4 REPS 8 EACH SIDE REST OSEC TEMPO 2011

With a bar angled into a weight plate on the floor, hold the other end and stand side-on to it. Use a hook grip so your fingers and thumb are on the same side of the bar, the thumb closest to your body. Bend your knees and hinge at the hips so your back is almost parallel to the floor, then row the bar towards your armpit. Keep your core braced and shoulder blades retracted.



3B// BARBELL HIP THRUST

SETS 4 REPS 8 REST 1MIN TEMPO 2011

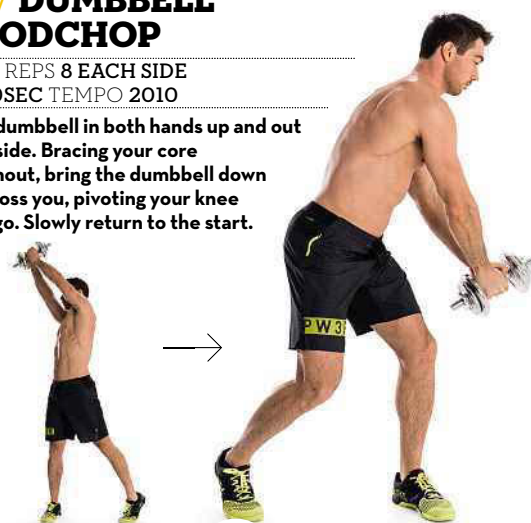
Sit with your back against a bench and a loaded barbell across your body just above your hips. Plant your feet on the floor. Drive through your heels and contract your glutes to raise your hips and the bar until your body is at least parallel to the ground - ideally so your hips are higher than your knees. Lower until your glutes are just off the floor.



4A// DUMBBELL WOODCHOP

SETS 4 REPS 8 EACH SIDE REST OSEC TEMPO 2010

Hold a dumbbell in both hands up and out to one side. Bracing your core throughout, bring the dumbbell down and across you, pivoting your knee as you go. Slowly return to the start.



4B// BARBELL ROLL-OUT

SETS 4 REPS 8 REST 1MIN TEMPO 2020

Kneel in front of a loaded barbell, holding it with a shoulder-width overhand grip. Keep your arms straight and your shoulders and core braced and roll the bar out as far as you can without collapsing. Reverse the movement back to the start.



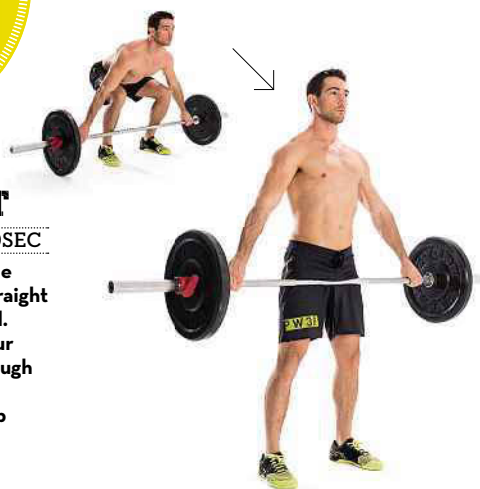
WORKOUT 3

STRONGMAN CIRCUIT

1// SNATCH-GRIP DEADLIFT

SETS 6 TIME 30SEC REST OSEC

Hold the bar with hands double shoulder-width apart, arms straight and shoulder blades retracted. Keeping your chest up and your back straight, drive down through your heels and push your hips forwards as you pull the bar up your legs to stand tall.



3// MEDICINE BALL SLAM

SETS 6 TIME 30SEC REST OSEC

Hold a medicine ball in both hands and stand with feet shoulder-width apart. Raise the ball high above your head, rising up onto the balls of your feet, and contract your core as you powerfully slam the ball into the floor in front of you. Catch the ball as it bounces up and continue into the next rep.



4// PENDLAY POWER ROW

SETS 6 TIME 30SEC REST OSEC

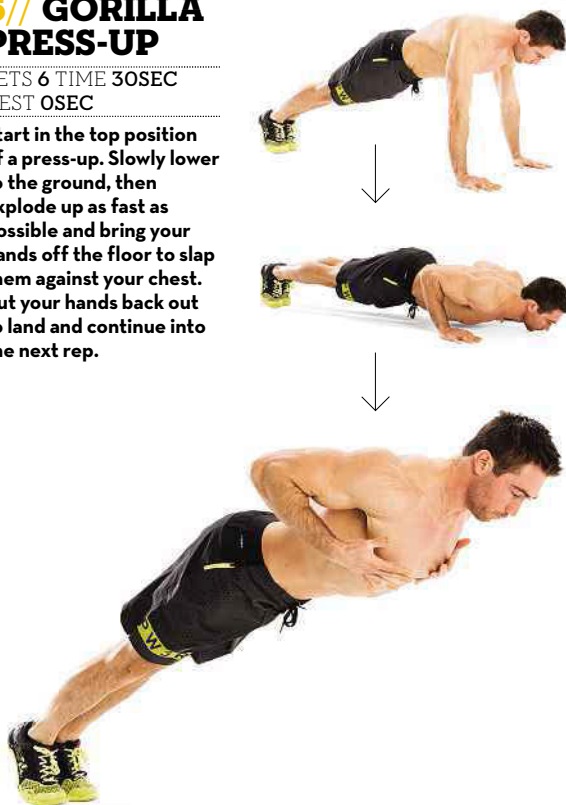
Bend your knees slightly and hinge forward from the hips, keeping your back flat and your shoulder blades back throughout. Starting with the bar on the floor, grab it with an overhand grip just outside your legs, powerfully pull the weight up to your lower sternum, then lower it to the floor. Take a breath and repeat.



5// GORILLA PRESS-UP

SETS 6 TIME 30SEC REST OSEC

Start in the top position of a press-up. Slowly lower to the ground, then explode up as fast as possible and bring your hands off the floor to slap them against your chest. Put your hands back out to land and continue into the next rep.



CIRCUIT EXPLAINED

Do all six exercises in order, each one for 30 seconds at a time. Rest for three minutes after one round, then repeat the whole circuit. Complete a total of six rounds, focusing on good form and fast reps. You should come away from each out of breath.

2// RING INVERTED ROW

SETS 6 TIME 30SEC REST OSEC

Hold the rings and hang so your body forms a straight line, with your heels on the floor and your core braced. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower slowly.



6// PLATE CARRY

SETS 6 TIME 30SEC REST 3MIN

Hold a heavy weight plate securely against your chest. Keep your core strong and your body upright as you walk forwards. Walk in a figure of eight if space is tight.

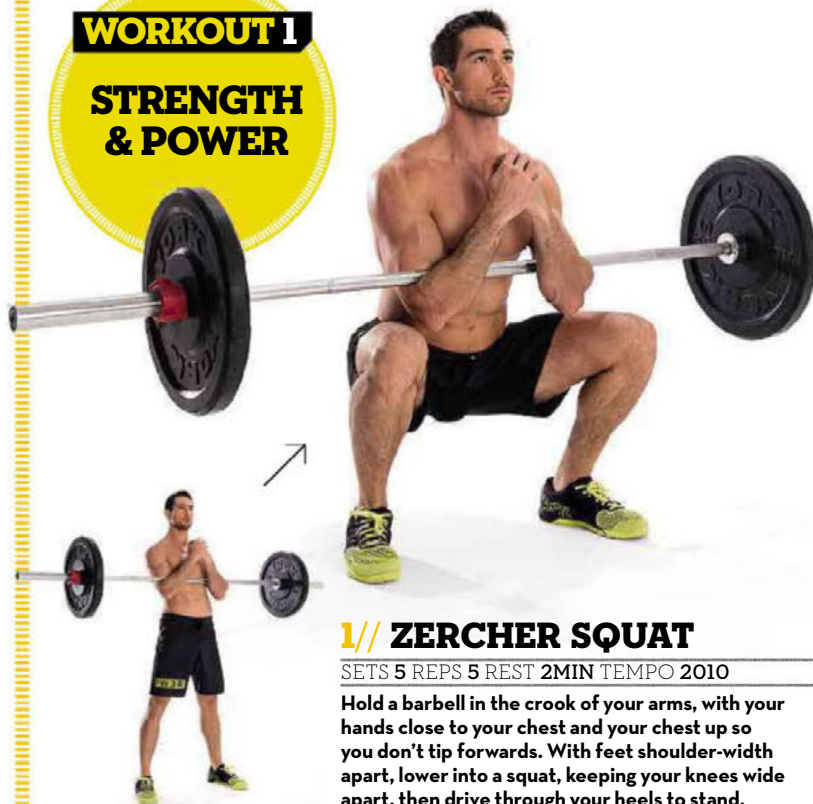


WEEK 2

Grow more muscle and shrink your belly fat further with these tougher workouts

WORKOUT 1

STRENGTH & POWER



1// ZERCHER SQUAT

SETS 5 REPS 5 REST 2MIN TEMPO 2010

Hold a barbell in the crook of your arms, with your hands close to your chest and your chest up so you don't tip forwards. With feet shoulder-width apart, lower into a squat, keeping your knees wide apart, then drive through your heels to stand.

2// BENCH PRESS

SETS 5 REPS 5 REST 2MIN TEMPO 2010

Lie on a flat bench holding the bar with an overhand grip, hands just wider than shoulder-width apart. Drive your feet hard into the floor and press the weight straight up powerfully, then lower slowly to the start position.



3// CHIN-UP

SETS 3 REPS MAX
REST 2MIN TEMPO 2010

Hold a chin-up bar with a shoulder-width underhand grip. Brace your core and pull up until your chin is over the bar, keeping your elbows tucked in. Lower under control.



4A// BENT-OVER ROW

SETS 4 REPS 8 REST OSEC TEMPO 2010

Bend your knees slightly and hinge forward from the hips, keeping your back slightly concave and your shoulder blades back throughout. Holding the bar with an overhand grip just outside your legs, pull the weight up to your lower sternum, then lower slowly.



4B// SNATCH-GRIP ROMANIAN DEADLIFT

SETS 4 REPS 8 REST 1MIN TEMPO 2010

Hold the bar with hands twice shoulder-width apart. Keeping your legs slightly bent and back straight throughout, lean forward from the hips and lower the bar down the front of your legs until you feel a moderate stretch in your hamstrings. Reverse the move, pushing your hips forward to stand.

5// BAND PALLOF PRESS

SETS 4 TIME 30SEC EACH
SIDE REST 1MIN TEMPO 1212

Attach a resistance band to a piece of equipment at chest height and stand perpendicular to it so it's fully extended. The further away you stand to where it's attached, the harder you'll have to work. Keep your core tight to resist rotating and straighten your arms, pause, then bring your hands back to your chest.



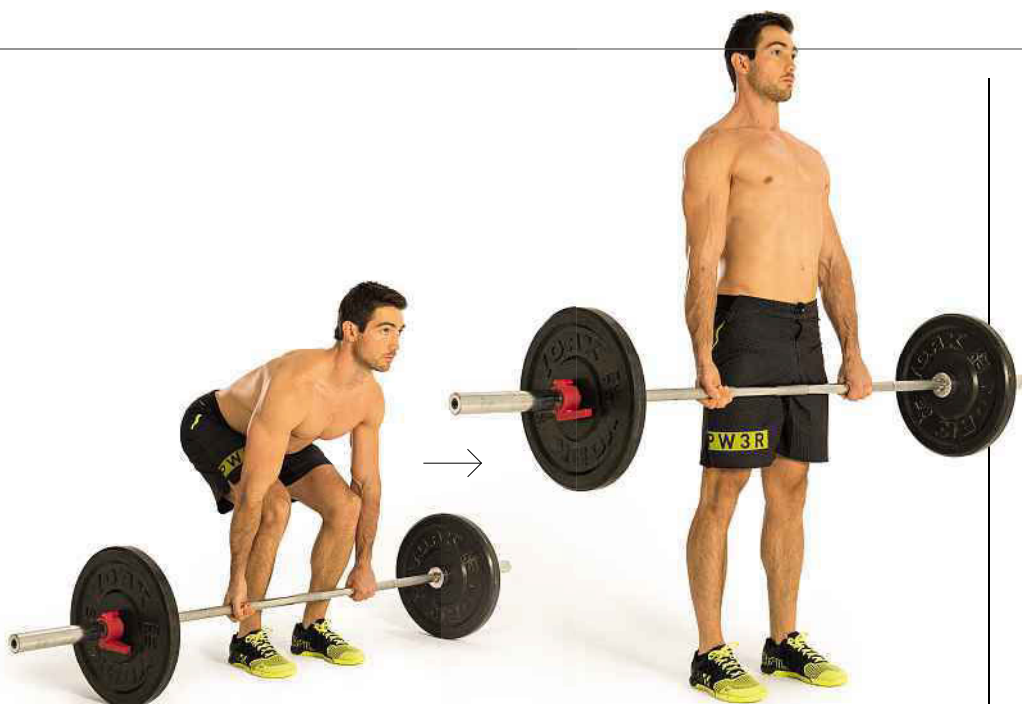
WORKOUT 2

STRENGTH & POWER

1// DEADLIFT

SETS 5 REPS 5
REST 2MIN TEMPO 2010

Hold the bar with hands shoulder-width apart using a mixed grip so one palm faces away and the other towards you (alternating with every set). Start with your arms straight and knees slightly bent. Keeping your chest up and your back straight, drive down through your heels and pull the bar up your legs, pushing your hips forwards to stand tall.



2// KNEELING SINGLE-ARM JAMMER PRESS

SETS 5 REPS 5 EACH SIDE REST 2MIN TEMPO 2010

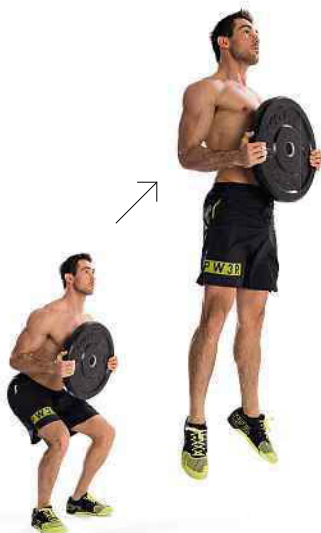
Angle a barbell into the middle of a heavy weight plate. Kneel facing the weight plate and hold the end of the barbell at shoulder height with one hand. If kneeling on your right leg, hold the bar with your left hand and vice versa. Keeping your core braced, press the weight up powerfully, then return to the start. Complete all the reps on one side, then switch.



3A// WEIGHT PLATE JUMP SQUAT

SETS 4 REPS 8 REST 0SEC
TEMPO 20X0

Hold a weight plate to your chest. Keep your core strong and your body upright. Lower into a squat, then drive powerfully through your heels and push your hips forwards as you jump off the floor. Land with soft knees and continue into the next rep.



3B// KETTLEBELL SUITCASE CARRY

SETS 4 TIME 30SEC EACH
SIDE REST 1MIN TEMPO N/A

Hold a heavy kettlebell by your side in one hand. Keep your core braced and your chest up to resist being pulled to one side as you walk forwards. Walk in a figure of eight if space is tight.



4A// LANDMINE ROTATION

SETS 4 REPS 12 EACH SIDE
REST 0SEC TEMPO 2010

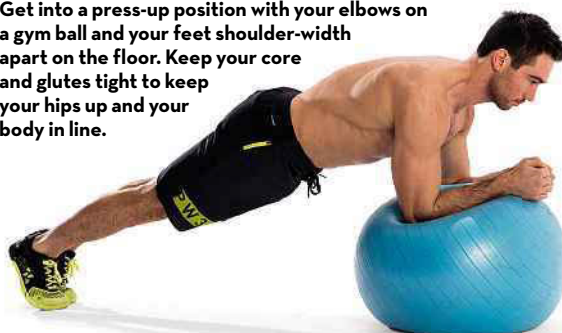
Angle a barbell into the middle of a heavy weight plate, and hold it with both arms straight. Keep your feet shoulder-width apart and knees slightly bent. Keeping your core braced, lower the bar to waist height on one side, then reverse the move and continue over to the other side, pivoting on the balls of your feet to take the pressure off your knees.



4B// GYM BALL PLANK

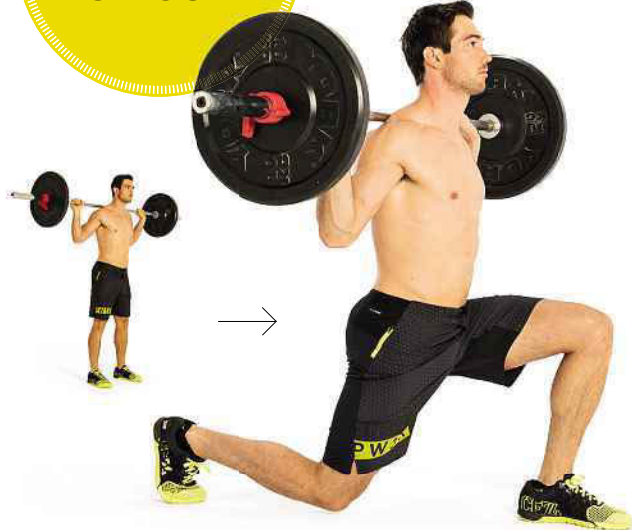
SETS 4 TIME 30SEC REST 1MIN TEMPO N/A

Get into a press-up position with your elbows on a gym ball and your feet shoulder-width apart on the floor. Keep your core and glutes tight to keep your hips up and your body in line.



WORKOUT 3

**STRONGMAN
CIRCUIT**



1// BARBELL LUNGE

SETS 6 TIME 30SEC REST OSEC

With feet shoulder-width apart, rest the bar on the back of your shoulders. With your chest up and core braced, take a big step forward and lower into a lunge so your back knee is just off the floor. Drive through your front heel to stand. Alternate sides with each rep.



2// PUSH PRESS

SETS 6 TIME 30SEC REST OSEC

Stand with your feet shoulder-width apart, resting a barbell on your upper chest and the front of your shoulders, and holding it with hands just wider than shoulder-width apart. Lower into a quarter squat, then drive up powerfully and use the momentum to press the bar overhead, keeping your core and glutes strong to protect your back.



3// BOX JUMP

SETS 6 TIME 30SEC
REST OSEC

Stand facing a knee-high box or bench. Jump powerfully on to it, using your arms to generate momentum if you need to, and bending your knees to soften your landing. Step rather than jump down, then repeat.

4// SPIDER-MAN PRESS-UP

SETS 6 TIME 30SEC REST OSEC

Start in the top of a press-up position. Bend your arms to lower your chest until it's just off the floor, and as you do, bring your knee on one side of your body up to the elbow on the same side. Return to the start and continue, alternating sides.



5// TRX INVERTED ROW

SETS 6 TIME 30SEC REST OSEC

Hold the TRX handles and hang so your body forms a straight line, with your core braced and your heels on the floor or box to increase the angle. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower slowly.



**6// ONE-ARM
BARBELL
FARMER'S WALK**

SETS 6 TIME 30SEC EACH
SIDE REST 3MIN

Hold the middle of a loaded barbell with one hand by your side. Keep your core braced and chest up to resist being pulled to one side as you walk forwards. Walk in a figure of eight if space is tight.



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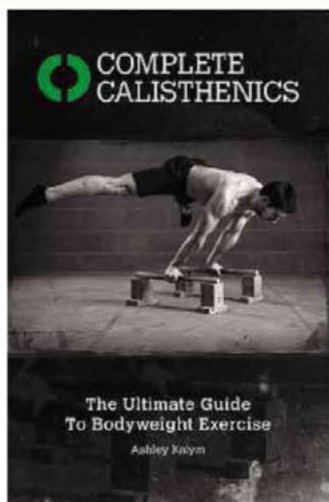
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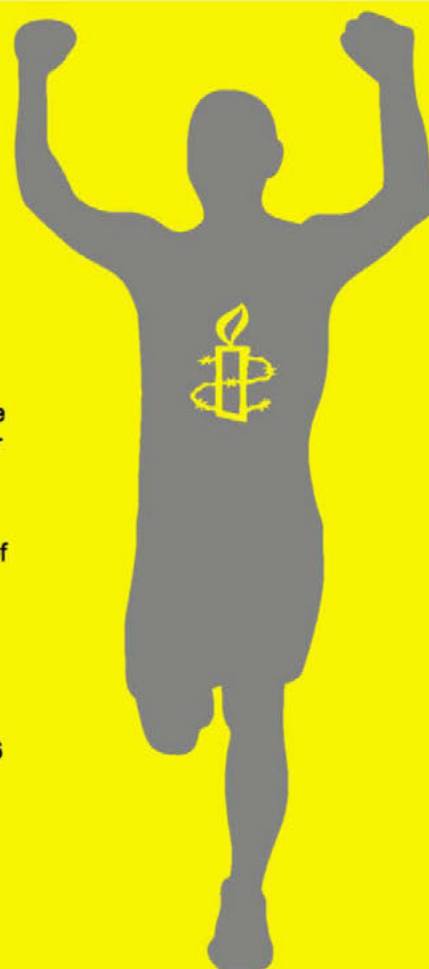
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BIG DATA

CRUNCHING THE MOST IMPORTANT NUMBERS IN FITNESS THIS MONTH

13%

The alcohol content that most wine drinkers 'prefer', according to brain scans conducted during drinking sessions. The University of California researchers hypothesised that higher alcohol content overwhelmed the other flavours.

5MIN 39.4SEC

How fast Canadian Conlin McCabe bashed out 2,000m on a Concept 2 rower in May, making him only the fourth man to beat 5min 40sec.



€230

The amount of monthly pay (around £165) cynical people lost out on compared with their less-cynical colleagues, according to a study that suggested the effect was probably down to increased co-operation and mutual effort.



200mg

The twice-daily dose of ECGC - a compound found in green tea - that reduced men's risk of prostate cancer, according to a study released in June. For the full effect, let your tea brew for up to five minutes.



6HR 19MIN

The time it took 40-year-old Steve Way to run 100km, for a new British record. He's also gone from a 1hr 42min half marathon in 2008 to a Commonwealth Games-qualifying 2hr 16min marathon this year.



5HR 25MIN

How long former Marine George Hood held a plank to set a new world record. Haven't got that much time? Brace your abs and glutes as hard as possible to make the move more effective - and done in seconds.



6%

The number of tattoo recipients who suffered from a chronic reaction lasting more than four months. Red ink is, apparently, the worst culprit.



The number of hours in the longest ever 11-a-side football match, played in Southampton in May and June. The Reds beat the Whites 910-725.



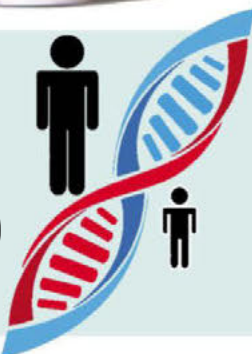
How long otherwise-sedentary workers should spend standing every day, according to research published in the *British Journal Of Sports Medicine*, to avoid the health problems caused by excessive sitting such as obesity and heart disease. At the very least, start standing up to take phone calls.



3

The number of coffees a day that reduces your risk of erectile dysfunction by 42%, according to research from the University of Texas. Go easy on the sugar: the effect didn't work on men with diabetes.

5



The amount of your DNA that can pass on the effects of poor lifestyle choices to your children, according to research from the University of Cambridge.

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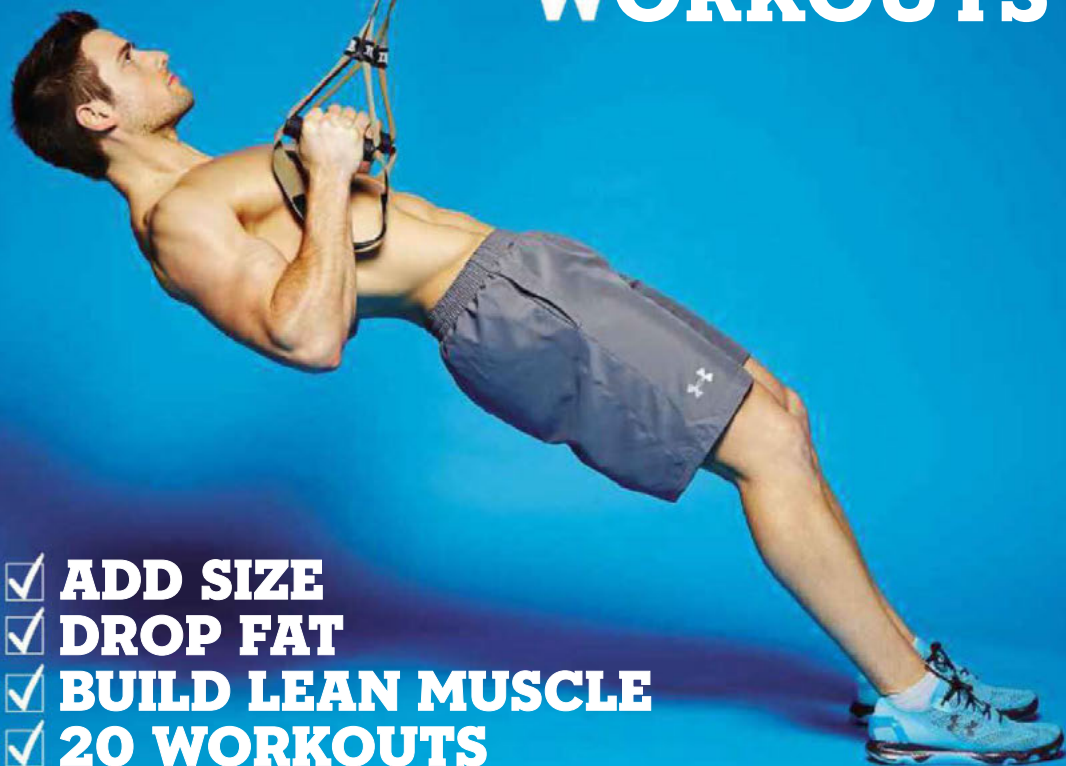
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CHEST & ARMS

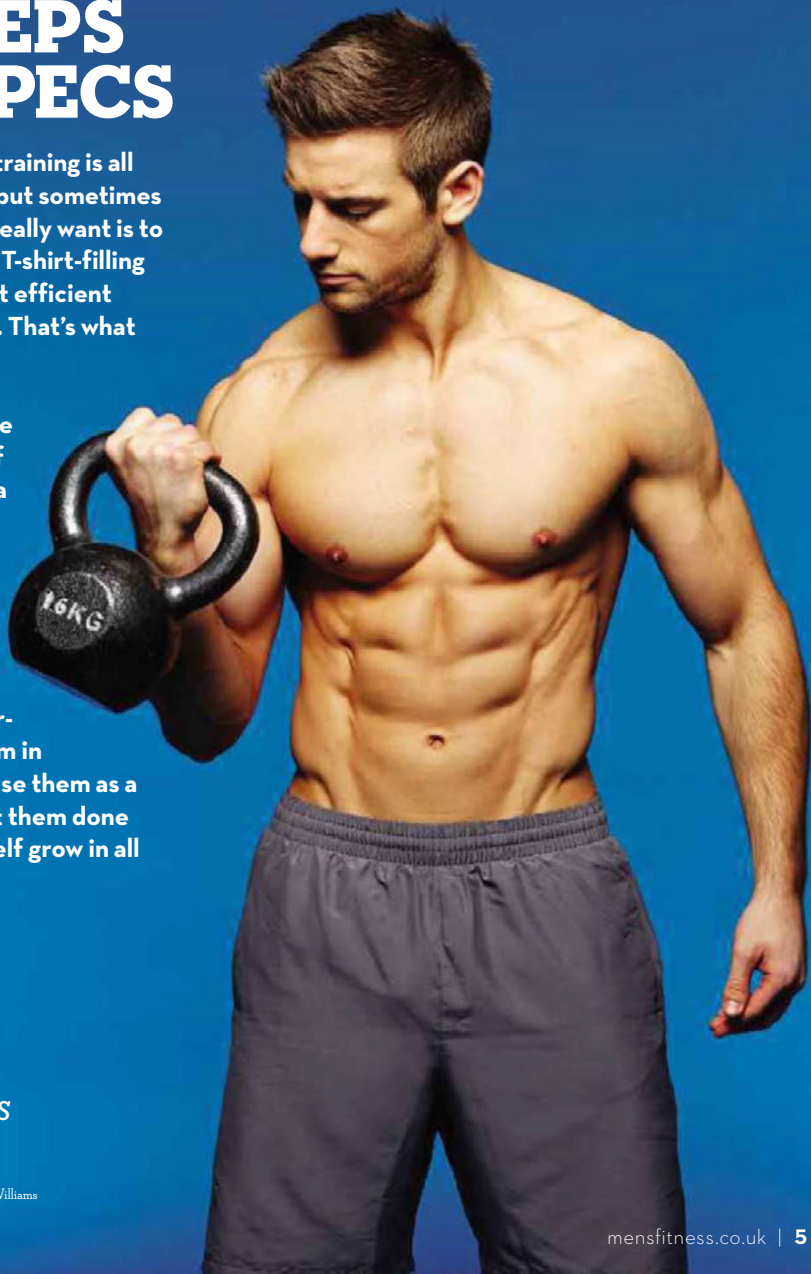
BUILD BIG BICEPS, TRICEPS AND PECS

Functional training is all very well, but sometimes what you really want is to get yourself into T-shirt-filling shape in the most efficient manner possible. That's what this guide is for.

With no-fuss workouts that use only one piece of kit each, there's a training option that will suit any situation you may find yourself in. Mix and match, add them to an upper-body day, do them in your kitchen or use them as a finisher – just get them done and watch yourself grow in all the right places.

FREE WITH
THE AUGUST
2015 ISSUE OF
MEN'S FITNESS

Words Joel Snape
Photography Nicky Johnston
Model Alex Crookford@WAthletic
Design Bill Bagnall Subeditor Jo Williams



CHEST&ARMS



ACCELERATE YOUR GAINS

These short, hard sessions will help you build strong arms and a big chest – and you can also enhance them to get even more out of your workout

Whether you're looking for size, strength or definition, there's no need for an armoury of gym kit – with a handful of tools and a few training tricks, you can target every major muscle group without compromising on effort or results. The workouts here are mostly described in terms of the basic sets and reps you can use to form a quickfire workout when time is short, or a finisher to focus effort on your chest and arms muscles group. But you can get even more out of these by using these training protocols.

DROP SETS

Work to failure – the point at which you can't complete any more reps with good form – then grab a lighter dumbbell, or take a plate off the bar, and keep going. For better results, do triple drop-sets, reducing the weight twice.

TECHNICAL DROP SETS

Like drop sets, but with no need to change the weight – instead, make the move easier. A classic example is dumbbell curls to failure, grind out a couple of hammer curls, then switch to cheat curls for a closer. Drop the weights and weep.

ECCENTRICS

Can't manage another rep or a single pull-up? Then just do the downward part of the move.

Jump to the top of the pull-up (or cheat curl the weight up) and lower as slowly as possible. Just make sure you keep the reps low, or you'll suffer your arms' wrath the next day.

FORCED REPS

This is as unpleasant as it sounds. Work to failure – then enlist a 'friend' to give you the bare minimum of assistance as you squeeze out a few more reps. Just a quick note: if your bench-press buddy is upright rowing the weight, you're doing this wrong.

LADDERS

A workout where the reps increase with each set. In most cases you start with one rep, then take a brief rest, then do two reps and rest, then three and so on. Usually you rest for the same amount of time as you lift, which is known as a 1:1 work-rest ratio.

PYRAMIDS

A workout in which you increase the reps or weight with each set, then decrease them again. Basically, a nastier version of a ladder.

PARTIAL REPS

Completing only part of the range of movement in an exercise. Dumbbell curl 21s (p24) are a classic version – and a Schwarzenegger favourite.

CHEST&ARMS

WORKOUT 1

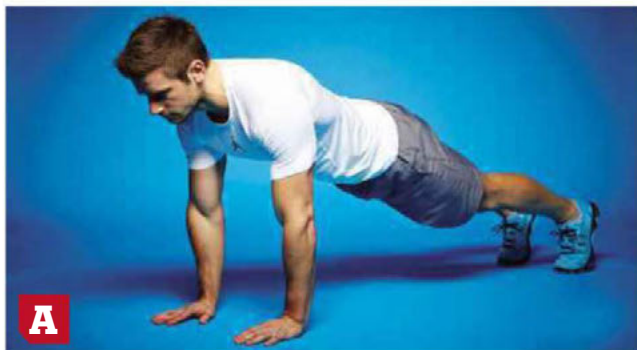
THE BEST NO-KIT ARMS WORKOUT

Biceps aren't everything. Build your triceps and shoulders for a V-shape that will last

1// TRICEPS PRESS-UP

SETS 10 REPS 10, 9, 8...

Start at the top of a press-up with your hands directly beneath your shoulders. Lower yourself, keeping your elbows tucked to your sides, until your chest touches the floor, then press back up. Once you have completed all the required reps, move straight on to the next move.



2// ONE-ARM PRESS-UP

SETS 10 REPS 1, 2, 3...

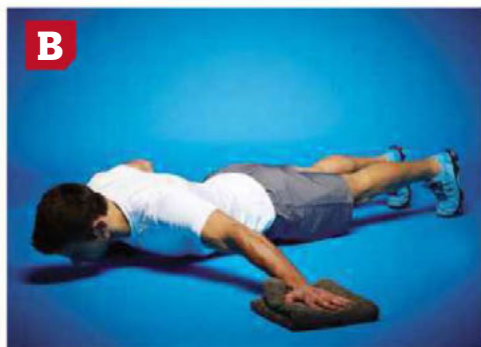
Start at the top of a press-up with one hand on the ground and the other behind your back, and position your feet wide for stability. Lower yourself until your chest touches the back of your hand, then press back up. If you find this too tough, start with your hand on a sofa, table or even a wall.



WORKOUT 2

THE BEST NO-KIT CHEST WORKOUT

If you find press-ups don't offer enough resistance, increase the challenge with this single-limb double whammy



1// ARCHER PRESS-UP

SETS 4 REPS 5 EACH SIDE

Start in the top press-up position with one hand on the floor and another on a towel. Lower yourself towards the ground, pushing the 'towel' hand out to side as you do so - you should feel the stretch in your pec. Bring your hand back in as you press up. Complete all the reps on one side, then switch.



2// ONE-LEG PRESS-UP

SETS 4 REPS 5 EACH SIDE

Start at the top of a press-up. Take one foot off the floor and lower yourself until your chest touches the ground, then push up. Swap legs with each rep.

CHEST&ARMS

WORKOUT 3

THE BEST BARBELL ARMS WORKOUT

Think you've gone beyond an empty bar? Three-time America's Strongest Man Derek Poundstone says otherwise. Use this as a finisher and just *try* to prove him wrong

1// POUNDSTONE CURL

SETS 1-5 REPS 100

Hold a barbell with a shoulder-width grip, your palms facing away from you. Curl it and then lower, keeping a fairly high tempo. Aim to do 100 reps in as few sets as possible: five or fewer is excellent. Don't plan to do much with your arms the day afterwards.



WORKOUT 4

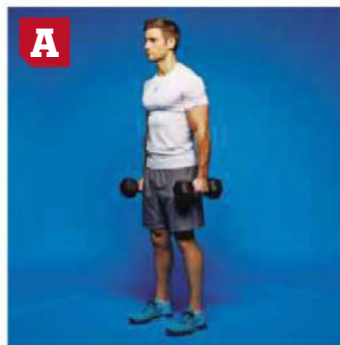
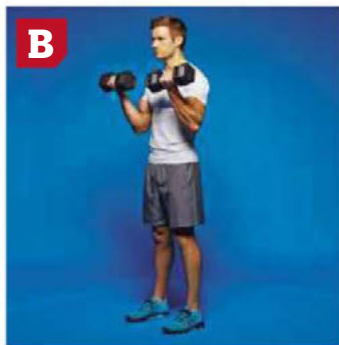
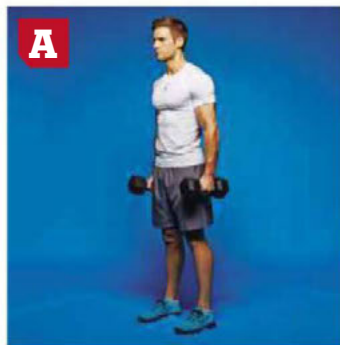
THE BEST DUMBBELL ARMS WORKOUT

If you've only got one set of dumbbells rather than a rack-full, technical drop sets will let you push to failure and prompt growth

1// DUMBBELL CURL

SETS 3 REPS TO FAILURE

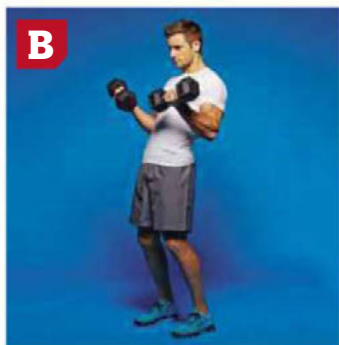
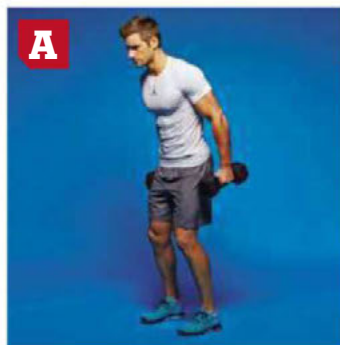
Hold a dumbbell in each hand with your palms facing you. Curl them up to your chest, rotating your wrists so your palms stay facing you. Pause at the top, then lower under control.



2// HAMMER CURL

SETS 3 REPS TO FAILURE

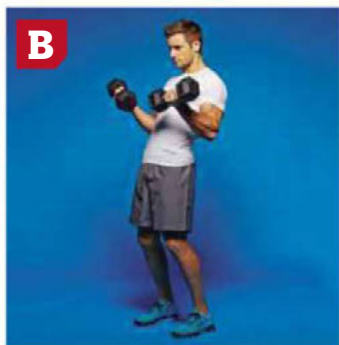
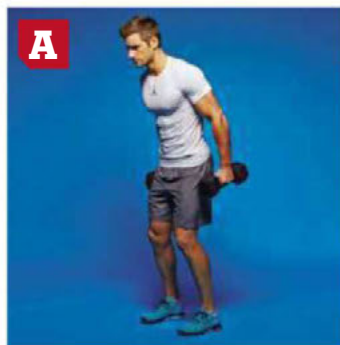
Hold a dumbbell in each hand with your palms facing you. Curl them up to your chest, keeping your palms facing each other. Pause at the top, then lower under control.



3// CHEAT CURL

SETS 3 REPS TO FAILURE

'Cheat' the weights to the top of the move to help you squeeze out a final few reps. A bit of hip movement is fine - use the momentum to help raise the dumbbells.



CHEST&ARMS

WORKOUT 5

THE BEST BAND CHEST WORKOUT

Using a band during press-ups prompts more muscle activation than bench-pressing. Twinning this with the regular version makes an explosive combination

1// BAND PRESS-UP

SETS 5 REPS 10

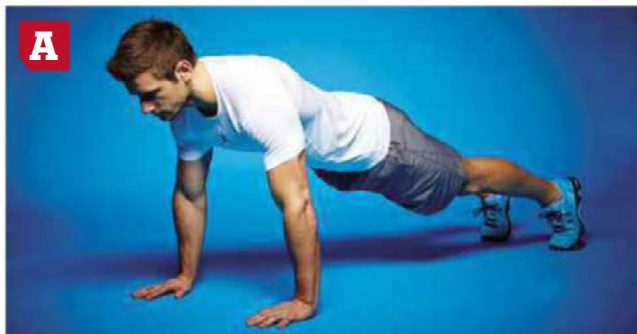
Wrap a band around your back, holding the ends in both hands. Get into a press-up position and lower yourself slowly, then press up explosively.



2// 'PROPER' PRESS-UP

SETS 5 REPS 4

This is like a normal press-up, but at the bottom of the rep you bring your hands off the ground, stretch them out to the sides, then bring them back in and press up. Starting from a dead-stop like this tests your fast-twitch fibres.



WORKOUT 6

THE BEST BAND ARMS WORKOUT

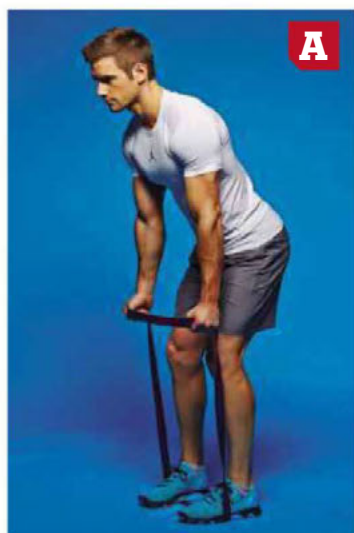
Resistance bands keep your muscles under constant tension, testing your fast-twitch fibres and forcing growth. Grab one and go



1// BAND CURL

SETS 4 REPS
TO FAILURE

Stand on one end of the band, holding the other ends in your hands. Curl it up to your chest, hold, then lower under control.



2// BAND BENT-OVER ROW

SETS 4 REPS
TO FAILURE

Stand on one end of the band, then bend forwards slightly at the hips. Row the band up towards your sternum, leading with your elbows. Hold, then lower under control.

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'I take Essential Amino Energy with water to keep me hydrated and help me find my focus while I work,' says Shaun Stafford, fitness model, personal trainer and owner of London's premier gym City Athletic (cityathletic.co.uk). 'Because I'm a businessman as well as an athlete, keeping my energy levels topped up, retaining focus throughout the day and providing my body with nutrients are all vital for me.'





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Muscle support

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Afternoon slump remedy

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No sugars

It also includes green tea extract and is free of sugars, with only 30 calories in each serving.

Optimum Nutrition Essential Amino Energy is available in fruit fusion, lemon lime and orange cooler flavours with three new delicious flavours coming in July - pineapple, strawberry lime and blueberry. RRP £24.99 for 270g (£1 per serving).



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WORKOUT 7

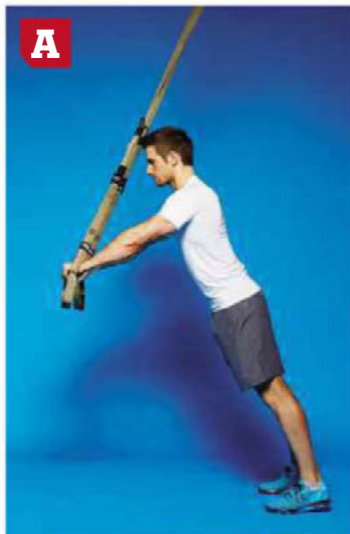
THE BEST TRX CHEST WORKOUT

Suspension trainers add instability to a workout and allow you hit your muscles from new angles. Hang tough with this double-header

1// TRX PRESS-UP

SETS 5 REPS 10

Start in a standing press-up position, holding the handles at an angle that's challenging. Lower your body until your hands are level with your chest, then press back up.



2// TRX FLYE

SETS 5 REPS 10

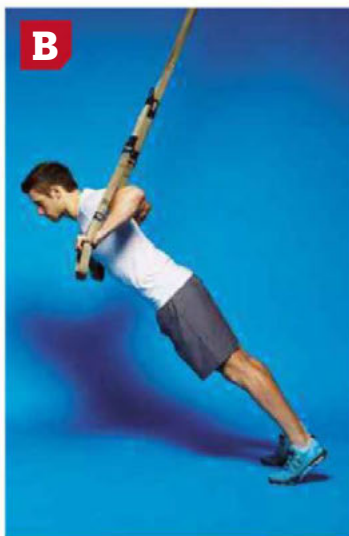
Start in a standing press-up position, holding the handles at an angle that's challenging. Bring your hands out to the sides, keeping a slight bend in your elbows. Pause at the bottom, then pull your arms back in.



WORKOUT 8

THE BEST TRX ARMS WORKOUT

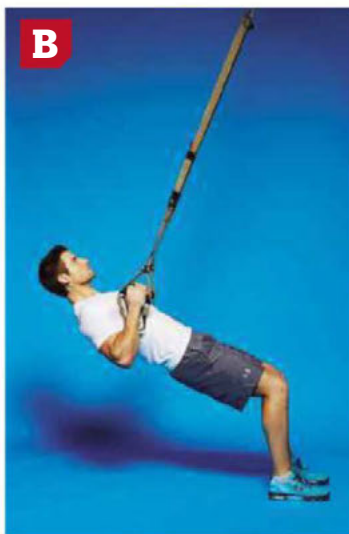
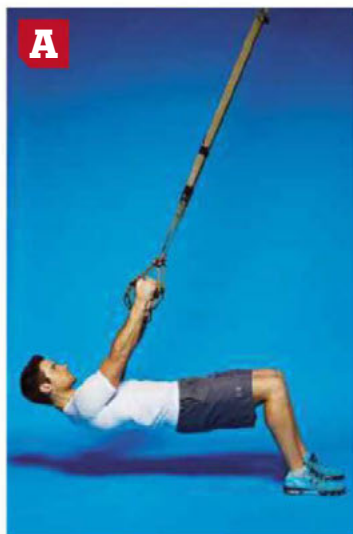
You need triceps *and* biceps for shirt-filling arms. This express superset works them both in minutes



1// TRX PRESS-UP

SETS 5 REPS 10

Start in a standing press-up position, holding the handles at an angle that's challenging. Lower your body until your hands are level with your chest, then press back up. Once you've completed all the reps, flip over and go straight into the next move.



2// TRX INVERTED ROW

SETS 5 REPS 10

Hang from the straps with your feet on the floor. Keeping your elbows close to your sides, pull up until your hands are at chest-level, then lower under control.

CHEST&ARMS

WORKOUT 9

THE BEST BENCH-FREE CHEST WORKOUT

Same people always hogging the bench? Don't worry – just set up in a corner and prepare to outwork them

1// LANDMINE PRESS

REPS 10 EACH SIDE

With a bar wedged into a corner, weight plate or 'landmine' handle, hold the other end in one hand and press it upwards. Pause at the top, then lower under control. Do all the reps on one side, then swap. Once completed, move straight on to the next move.



2// TWO-HAND LANDMINE PRESS

REPS TO FAILURE

Hold the end of the bar in both hands and press it upwards. For the last few reps, bend your knees slightly and drive up, using the momentum to complete a technical drop set.



WORKOUT 10

THE BEST BENCH-FREE DUMBBELL CHEST WORKOUT

No bench? No problem. The floor press will safeguard your shoulders and still improve your pecs, if you get the rep scheme right

1// FLOOR PRESS

SETS 5 REPS 10

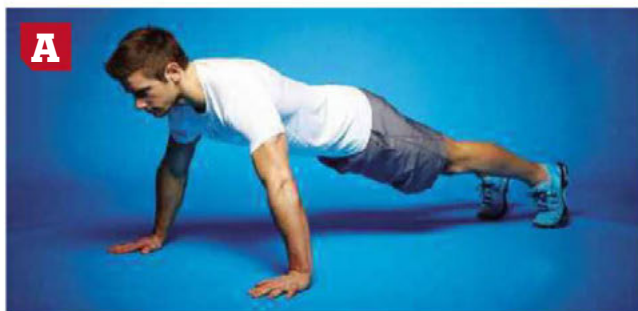
Lie on the floor with your knees bent and your upper arms on the floor. Press the dumbbells overhead until they meet above your chest, then lower them until your triceps reach the ground. Make sure you don't release the tension and go straight into the next rep.



2// WIDE-GRIP PRESS-UP

SETS 5 REPS 10

Get into the top of a press-up with your hands wide apart. Lower your chest until it's fist distance from the floor, then push up explosively.



CHEST&ARMS

WORKOUT 11

THE BEST CHIN-UP ARMS WORKOUT

Chin-ups overload your muscles and give them the time under tension they need to grow. Spend some time at the bar with this climbers' favourite

1// FRENCHIE

SETS 3 REPS TO FAILURE

This is a normal chin-up with three isometric holds - pull to the top and hold for three seconds, lower until your elbows are at 60° and hold for another three seconds, then lower to 30° and hold for a final three. Lower all the way down, then pull back to the top. That's one rep.

A



B



C



WORKOUT 12

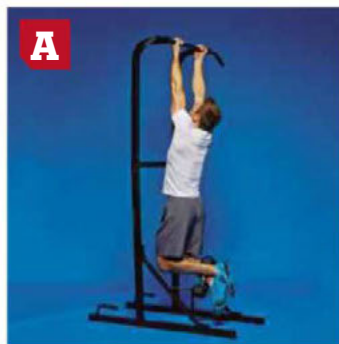
THE BEST FIVE-MINUTE ARMS FINISHER

These three moves, put together by strength coach Joe DeFranco, hit each of the different heads of the biceps. The result is bigger arms than ever

1// WEIGHTED CHIN-UP

REPS 3

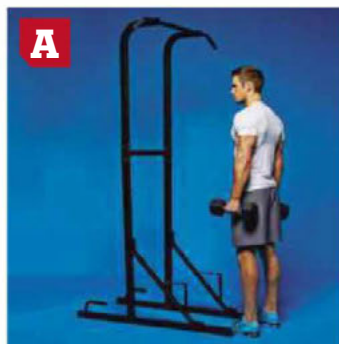
Hang from the bar holding a weight belt or dumbbell between your ankles. Pull up until your chin is over the bar, then lower under control. Complete the required reps, rest for 15 seconds, then go straight into the next move.



2// 1½ REP BICEPS CURL

REPS 6

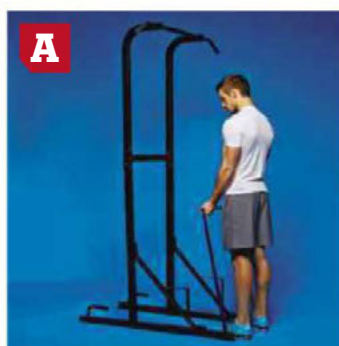
Stand holding a pair of dumbbells by your sides. Curl them up to your chest, lower them halfway, raise them again then lower them to the bottom. That's one rep. Complete the required reps, rest for 15 seconds, then go straight into the next move.



3// BAND BICEPS CURL

REPS 12

Stand on a band, holding the ends in your hands. Curl your hands up to your chest, then lower under control.



CHEST&ARMS

WORKOUT 13

THE BEST MEDICINE BALL CHEST WORKOUT

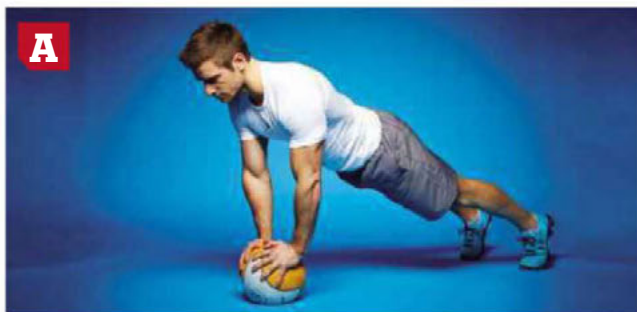
Resting your hands on a ball is another way to add instability to your workouts and force growth



1// BALL SWITCHOVER PRESS-UP

SETS 5 REPS 10

Start in the top of a press-up with one hand on a medicine ball and the other on the floor. Lower yourself towards the floor and push back up. At the top of the move, switch hands and repeat. That's one rep.



2// BALL DIAMOND PRESS-UP

SETS 5 REPS 10

Start with both hands on the ball with your thumbs forming a diamond. Lower yourself until your chest touches the ball, then press back up.



WORKOUT 14

THE BEST KETTLEBELL CHEST MOVE

What do you bench? According to strength coach Dan John, it doesn't matter. Here's his prescription for real-world strength

1// KETTLEBELL ONE-ARM FLOOR PRESS

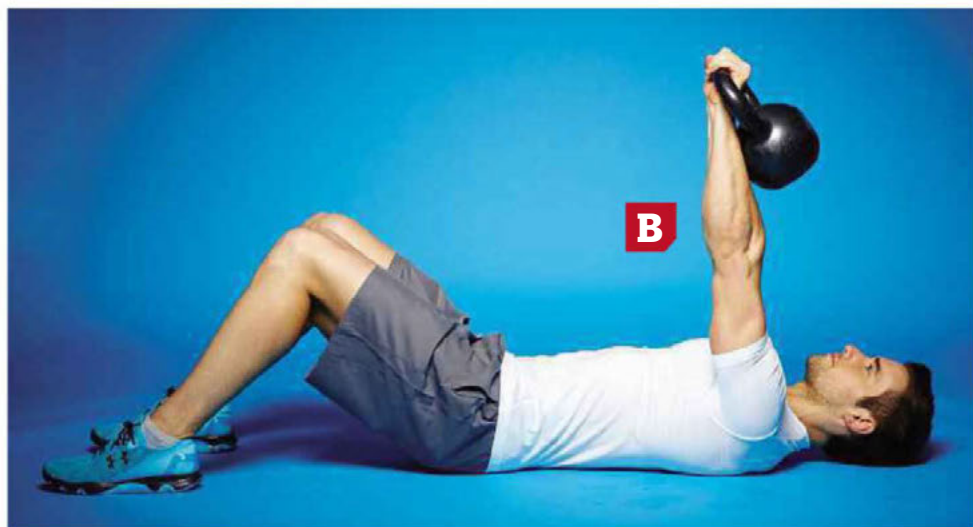
SETS 5 REPS 5 EACH ARM

Lie on the floor with a kettlebell in one hand - your other arm should stay clear of the floor so you're using your core for support. Press the kettlebell directly overhead, pause at the top and lower under control. Your aim is five clean reps on each arm with a 32kg kettlebell.

A



B



CHEST&ARMS

WORKOUT 15

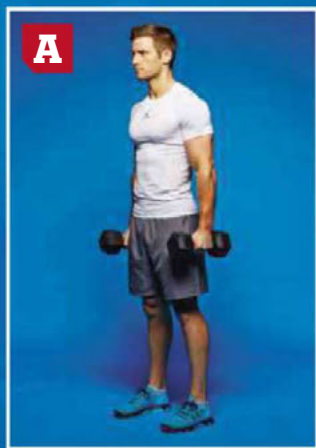
THE BEST DUMBBELL ARMS FINISHER

Want arms like Schwarzenegger? You're probably out of luck, but his 21s routine is a solid-gold classic. Use it as a finisher and feel the pump

1// DUMBBELL CURL 21s

SETS 3

This is one move with three parts. First, do the bottom half of a curl – from arms straight to halfway – seven times. Next, move on to the top half – from halfway to the top – seven times. Finally, do seven reps through the full range of motion. Put the dumbbells down and clutch your arms in agony. That's one set – do three.



WORKOUT 16

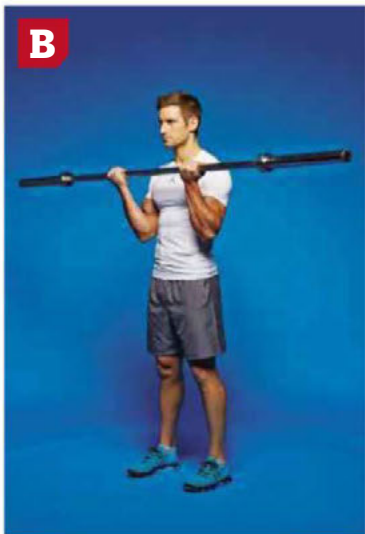
THE BEST BAR/DUMBBELL WORKOUT

If you've got two bits of kit to hand, the 10:20 workout will enhance your gains. Grab a corner of the gym and prepare to rock the bells

A



B

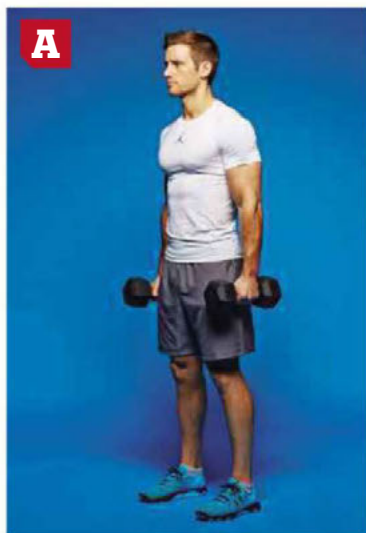


1// BARBELL CURL

SETS 10 REPS 10

Hold the bar with a underhand grip with your hands shoulder-width apart. Curl it up to your shoulders and lower under control. Complete all the reps at a moderate tempo - taking one second to raise the bar, one second to lower it - then go straight into the next move.

A



B



2// DUMBBELL CURL

SETS 10 REPS 20

Hold a dumbbell in each hand by your side, curl them up to your chest and lower under control. Complete all the reps as fast as possible, then take a short rest and go straight into another set of both moves. In total you'll complete 300 reps over 10 sets.

CHEST&ARMS

WORKOUT 17

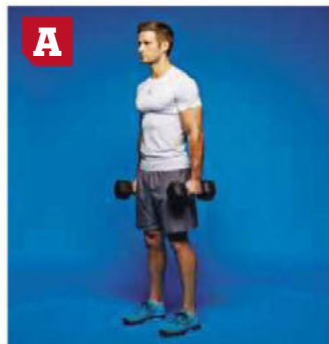
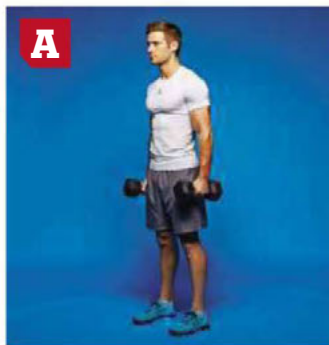
THE BEST QUICK DUMBBELL WORKOUT

The Dixon Three-Way is awkwardly named but ultra-effective. Stake out your gym's dumbbell rack and do the following moves in quick succession

1// DUMBBELL CURL

REPS 5

Hold a dumbbell in each hand by your side. Curl the weights up to your chest and lower under control.



2// HAMMER CURL

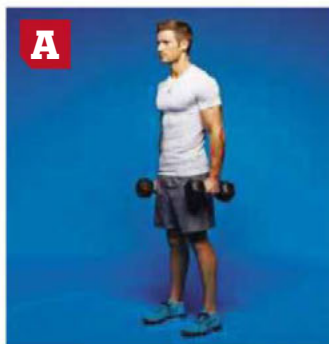
REPS 5

Once you've completed all the normal curls, go straight into this version, where you keep your palms facing each other.

3// CROSS-BODY CURL

REPS 5 EACH SIDE

Alternate curling each dumbbell across your body to complete the workout.



WORKOUT 18

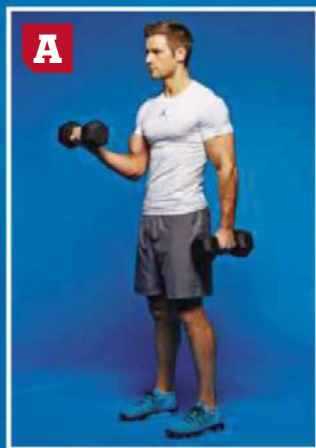
THE BEST ISOMETRIC DUMBBELL WORKOUT

Incorporating static holds into your reps will fire more fast-twitch muscle fibres. It's time to hold it, then hit it

1// CURL WITH STATIC HOLD

REPS 30

Hold a dumbbell in each hand by your side. Curl one weight up until your elbow is at 90° and hold that position while doing 10 hammer curl reps with your other arm. Switch arms and repeat, then do two-arm curls for another 10 reps.



CHEST&ARMS

WORKOUT 19

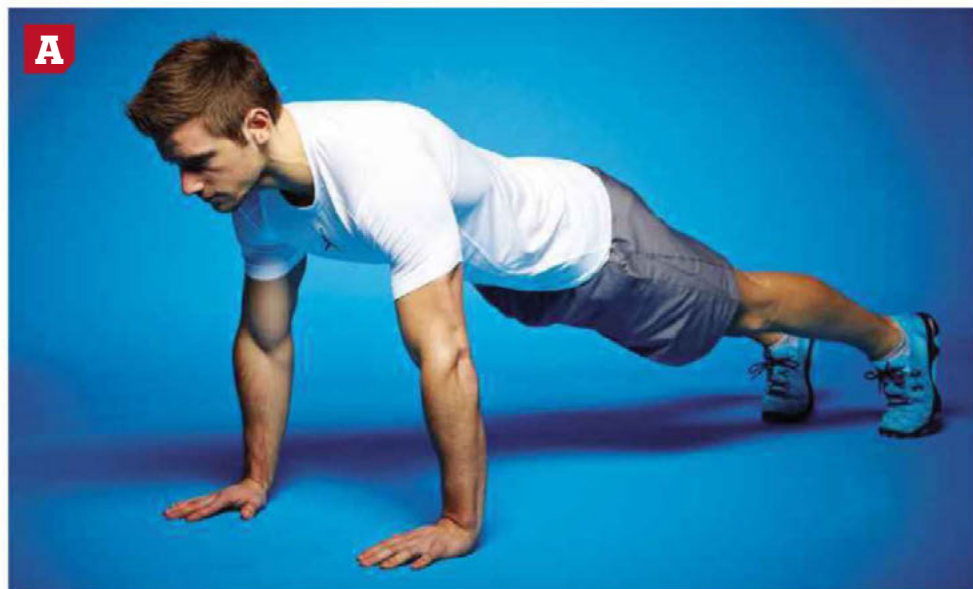
THE BEST **FIVE-MINUTE CHEST BUILDER**

If you can do 100 perfect press-ups in five minutes, you'll soon have the chest to prove it, says strength coach Rob MacDonald

1// PERFECT PRESS-UP

REPS 100

A perfect press-up starts with straight arms, and includes your chest touching the floor at the bottom of the rep and a one-second hold at the top. Do five every 15 seconds for five minutes for a total of 100. If you can't manage that, pick an amount – one, two, whatever – and build up.



WORKOUT 20

THE BEST FAST-PACED FOREARM FINISHER

Need to get in, out and ruined in a hurry? Running the rack is the solution

1// ZOTTMAN CURL

SETS 20 REPS 10, 9, 8, 7...
7, 8, 9, 10

Select the heaviest dumbbell you can complete 10 curls with. Curl them up to your chest, then rotate your wrists so your palms are facing away from you and lower the weight under control. Rotate your wrists again and go into the next rep. Complete all the reps, then select the next heaviest weight and do nine reps and so on, until you do one rep with the heaviest weight. Then reverse the process, going back down the rack.



FUEL FOR SUCCESS

The best supplements to choose if your nutrition needs an extra nudge

BETA-ALANINE

This amino acid is great at improving your levels of focus and concentration during workouts or sports that require repeated sprints or bursts of power. It also increases the concentration of the dipeptide carnosine in the muscle, which allows you to perform more reps during intense weightlifting sessions.

BCAAS

Branched-chain amino acids (BCAAs) are made up of three essential amino acids: leucine, isoleucine and valine. Look for a BCAA product with a high leucine content, ideally on a 4:1:1 ratio but at least 2:1:1, to maximise its benefits.

CASEIN

This form of protein is commonly found in dairy products – it makes up around 80% of cow's milk, for example. It's a slow-release protein because it takes longer for your body to digest it, so you get more of a 'drip-feed' effect of protein into your bloodstream over a longer period. This makes it unsuitable for taking immediately after your workout when you need an instant hit, but means it is ideal for consuming just before you go to bed.

CREATINE

Your body metabolises creatine into ATP, which is used for every initial muscle movement. It's therefore vital to have adequate supplies during

heavy, high-intensity workouts to deliver the required energy to your muscles. In other words, creatine is like a backup generator for your muscles that helps you lift harder for longer.

LEUCINE

The most anabolic amino acid, leucine can independently stimulate insulin secretion and

muscle protein synthesis, enhancing the muscle-building process. At 11%, whey protein is high in leucine content, which is one reason it's so effective as a post-workout elixir.

WHEY PROTEIN

Whey protein is made from cow's milk and comes in different forms, including as isolate, concentrate and hydrolysate. The great thing about whey is that it's rapidly

and easily absorbed, making it ideal to take during the critical post-workout window when your body is primed for building muscle. Whey protein can also lower hunger levels thanks to its influence on the hormone ghrelin, which can be very useful if you are dieting.

Take whey protein within 10 minutes of completing your workout to promote recovery and take advantage of the temporary rise in protein synthesis. If you're vegan or intolerant to dairy products, non-dairy and vegan alternatives are available. Just make sure you avoid the sugar-packed high-carb versions.





UPGRADE YOUR PERFORMANCE WITH GOLD STANDARD PRE-WORKOUT™



TRUE STRENGTH

▲ vitamins B1, B6, B12, niacin and pantothenic acid contribute to normal energy-yielding metabolism
↑ caffeine contributes to increased alertness and improved concentration
■ creatine increases physical performance in successive bursts of short-term, high intensity exercise

ON | OPTIMUM NUTRITION
GOLD STANDARD